



Physical Activity and Exercise Pathfinder

*Information for Patients
and Caregivers*

Books and e-Books

- **ACSM's Guide to Exercise and Cancer Survivorship**
(American College of Sports Medicine (Editor), Melinda Irwin (Editor), 2012)
- **Exercise for Mood and Anxiety: Proven Strategies For Overcoming Depression and Enhancing Well-Being**
(Michael W. Otto and Jasper A.J. Smits, 2011)
- **Exercises for Cancer Wellness**
(William Smith, 2015)
- **Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins**
(Michelle Steinke-Baumgard, 2017)
- **Yoga for Breast Care: What Every Woman Needs to Know**
(Bobby Clennell, 2011)

Websites

- **University of Waterloo**
UW WELL-FIT: An Exercise Program for Individuals with Cancer
- **Canadian Cancer Society**
Exercises After Breast Surgery

Additional Websites

- **Grand River Hospital – Waterloo Wellington Regional Cancer Program**
<http://www.grhosp.on.ca/care/services-departments/cancer/waterloo-wellington-regional-cancer-program>
- **Cancer Care Ontario**
<https://www.cancercareontario.ca/en>
- **BC Cancer Agency**
<http://www.bccancer.bc.ca>