

## Special Issue

# Effects of Exercise and Physical Activity in Cancer

### Message from the Guest Editor

Despite the promising benefits of physical activity and exercise, many cancer patients and survivors lack the socioeconomic and environmental resources or behavioral skills to safely adopt or maintain their physically active lifestyle during the stressful and challenging context of a cancer diagnosis. Research continues to explore the most effective means of promoting physical activity and exercise to improve well-being and health among those dealing with cancer.

Some effective approaches have ranged from traditional person-level exercise training interventions to those leveraging technology-based remote support and social aspects of group- and community-based activity promotion programs.

It is thus critical to develop a concise and unified understanding of which approaches will work best for reducing the risk for and preventing cancer, to knowing which patients and survivors will require specially tailored programs and socioecological resources. This Special Issue is open to the subject area of exercise and physical activity in cancer.

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### Guest Editor

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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