**12 Fitness & Exercise**

http://healthcarewebsite.net/tbc/services/fitness-exercise/

Carefully paste in copy from <http://healthcarewebsite.net/tbc/services/fitness-exercise/>

Exercise and Fitness: Empowering the Body to Better Fight Cancer

Exercise and fitness are essential to good health, and not just for people who are already healthy. The human body is optimized for physical activity, and regular exercise helps many mechanisms and functions in our physiology to run optimally.

Block Center: Following the science to help you change the odds.

Science shows quite convincingly that being fit, physically active and of a healthy weight is directly connected to good health. It also shows that — even for those who are not fit — physical activity, routine exercise and even moderate weight loss have a measurable benefit to health.

In fact, the science can be very specific, showing that regular exercise affects a number of different physiological processes, and not merely metabolic rate.

Individualizing exercises for optimal appropriateness and effectiveness against cancer.

At the Block Center for Integrative Cancer Treatment in Skokie, IL, exercise is as fundamental to our fight-on-all-fronts approach as are nutrition, stress avoidance, sleep, not to mention surgery, chemo or radiation therapy. So some form of physical activity and exercise regimen is part of every Block integrative treatment plan.

As cancer care providers, we care for people at all levels of physical ability, individualizing their fitness routine to their abilities and health. And assessment of physical ability and medical clearance for exercise are part of our thorough testing and evaluation phase. This way, we can develop a routine that’s within your capabilities and that will help us change your body, your biochemistry and your odds against cancer.

Knowledge and experience at the forefront of integrative cancer treatment.

As with everything we do, our exercise recommendations are individualized to your needs, which we investigate with more thorough assessment and testing than most cancer providers know of. Also, because we’ve been at the forefront of integrative cancer treatment for more than 30 years, we have three decades of experience incorporating a wide range of activities and exercises into patients’ treatment plans. As a result, we have a lot of knowledge and data about how to best integrate activity into your life and your comprehensive plan for beating cancer and living a high-quality, rewarding life.

Call 877-41-BLOCK (877-412-5625) to schedule an appointment or for more information. Or, if you’d prefer, you can also request an appointment using our easy online form.