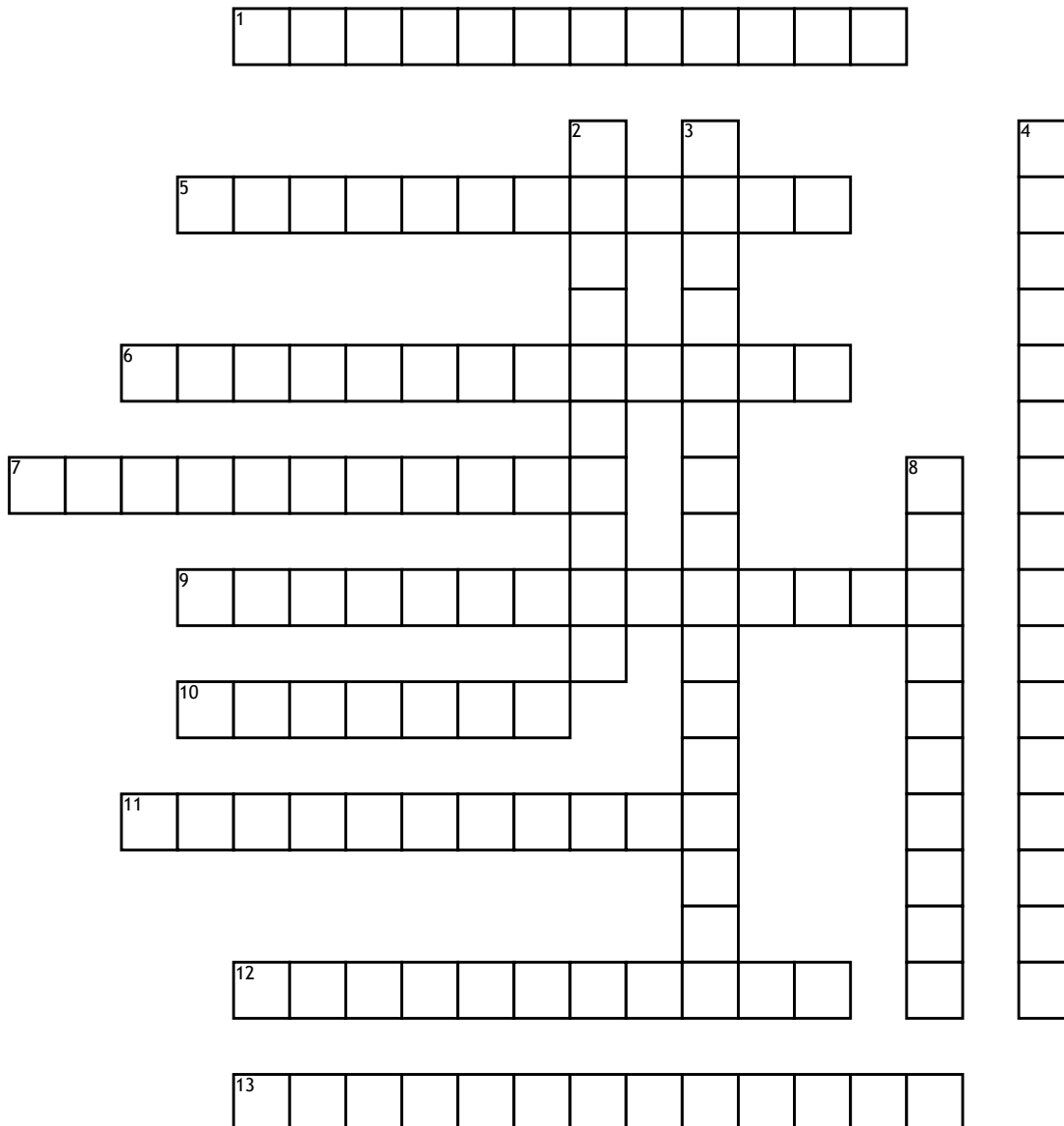


# Exercise Promotion During Chemotherapy Treatment



## Across

1. Regular physical activity during treatment has also been associated with increased \_\_\_\_\_ in some cancers.
5. It also has proven benefits for adults undergoing \_\_\_\_\_ treatment for cancer.
6. Participants were found to experience improved health-related quality of life, functional capacity, sleep quality, \_\_\_\_\_, and fatigue.
7. Resistance exercises include lifting, lowering, pushing, or pulling movements using the patient's body weight, \_\_\_\_\_, or machine weights.
9. Outcomes observed from a randomized controlled trial showed improved hemoglobin levels and \_\_\_\_\_ count.

10. Activities that increase the heart and respiratory rates, such as walking, \_\_\_\_\_, swimming, or team sports are considered aerobics.

11. 36 randomized trials demonstrated an \_\_\_\_\_ in social and physical function in adults performing regular exercise while undergoing active cancer treatment.

12. Contraindications for swimming are \_\_\_\_\_, urinary catheter, skin irritation, external central venous access devices, and wound recovery

13. Ensuing research undertaken in recent years has shown that regular exercise can mitigate fatigue and depression and improve body strength and \_\_\_\_\_ in patients receiving chemotherapy.

## Down

2. Regular exercise can alleviate common side effects of said treatment such as fatigue and \_\_\_\_\_, which can prove debilitating.

3. Information about the importance of exercise is often omitted from \_\_\_\_\_.

4. Alternatively, \_\_\_\_\_ and occupational therapists can provide services that recognize physical limitations to optimize patients' quality of life and functional status.

8. Nurses involved in exercise promotion should understand the nature of the \_\_\_\_\_ and its specific treatment modality.