Germany

1. Urology Neumünster (Dr. Schroeder 2007)
   A regular and moderate aerobic exercise (walking, Nordic walking, cycling, swimming) is considered to be an effective prophylaxis and treatment of a tumor-associated fatigue syndrome.

2. HOPA Day Clinic Struenseehaus in Hamburg (Prof. Dr. Fasching et al. 2009)
   An increased energy consumption through physical activity leads to weight loss and improved metabolic status. It is proven that overweight and obesity lead to an increased risk of developing cancer. Overweight and obesity clearly correlate with cancer: colorectal cancer, breast cancer, renal cell cancer, cervical cancer and cancers of the esophagus.

3. University Hospital Tübingen (Dr. Heitkamp et al. 2012)
   Physical activity, particularly in the form of aerobic exercise can lower the testosterone concentration in the blood permanently and thus reduce the risk of prostate cancer.

Canada

4. Queensland University of Technology, (Dr. Hayes et al. 2009)
   Cancer patients can maintain the muscle mass and strength and improve cardiorespiratory fitness, body functions, physical activity, flexibility, immune function, body image, self-esteem and mood with physical activity.

5. Ottawa Hospital Regional Cancer Center, (Dr. Segal et al. 2009)
   Aerobic endurance training in prostate cancer patients during radiation shows a significant improvement in fatigue, aerobic fitness, muscle strength and quality of life.

Australia

6. Edith Cowan University, (Dr. Newton et al. 2008)
   Physical activity or exercise reduces the intensity and frequency of symptoms and side effects (e.g., nausea, fatigue, pain), shortens hospital stays and reduces mental and emotional stress, such as depression and anxiety in cancer patients.

USA

7. Boston Channing Laboratory, (Dr. Kenfield et al. 2011)
   Studies with breast, prostate and colon cancer patients show that the mortality rate and the probability of relapse can be reduced through physical activity.

8. The Sarah Cole Hirsch Institute, Cleveland, Ohio, (Dr. Visovsky und Dvorak 2011)
   In recent years, physical activity or training have proven to be safe, feasible and effective in cancer patients.

Denmark

9. Institute of Public Health, University of Copenhagen, (Prof. Dr. Adamsen et al. 2009)
   In patients with different types of cancer, activities could be performed safely with low but also at high intensities during chemotherapy. This intervention not only reduced fatigue, but also improved vitality, aerobic capacity, muscle strength, physical and functional activity and emotional well-being.


