

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

EXERCISE AND FITNESS

This Pathfinder has been designed to help you find information about exercise and fitness after a cancer diagnosis. Some of these materials may also answer questions you may have about the possible benefits of physical activity, as well as the cautions that cancer patients should consider.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

Active against cancer (Book) **QZ266 B837 2011**

Be fit for life (Book) **QT255 G189 2010**

Exercise and physical activity (Online book)

Available online at <http://www.r2library.com/Resource/Title/0051325063>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Exercises for cancer wellness (Book) **QZ255 S664 2015**

Get fit, stay fit (Online book)

Available online at <http://www.r2library.com/Resource/Title/0803644647>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Healing yoga for cancer (DVD)

QZ266 H793 2011

Move for life (DVD)

QT255 M935 2010

Easy-to-do healthy activities for older adults.

Also available online at www.seniorsbc.ca. Click on Health and Safety→Active Aging→Move For Life DVD.

Workout to go (Book online)

Available online at <http://www.r2library.com/Resource/Title/0051325071>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 7000 (toll-free) to obtain a username and password from the Library.

Yoga for cancer (Book)

QZ266 P958 2014

Yoga for cancer survivors (DVD)

QZ201 Y54 2008 v.1-4

Cancer Site-Specific Resources

Fight breast cancer with exercise (Book)

WP870 V1771 2014

Pilates for breast cancer survivors (Book)

WP870 A113 2014

Restorative yoga for breast cancer recovery (Book)

WP870 R823 2014

Yoga and breast cancer (Book)

WP870 K81y 2011

Also available online at www.r2library.com/Resource/Title/1932603913. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

Yoga for breast cancer (DVD)

WP870 H793 2010

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

BC Cancer Exercise Support Resources

Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Exercise Support.

Exercise: during and after breast cancer

Exercise: during and after cancer treatments

Exercise: maximizing energy & reducing fatigue

Monthly tips to reduce your risk of cancer (Canadian Cancer Society)

Go to www.cancer.ca and click on Support & Services→Publications, or pick up a copy from the BC Cancer Library.

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to www.bccancer.bc.ca and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Exercise for People with Cancer Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Coping with Cancer→Exercise Support.

Provides recommendations; handouts; lists of resources, videos and podcasts; how to find an oncology trained exercise professional; and answers common questions.

American Cancer Society

www.cancer.org

Click on Treatment & Support→Survivorship: During & After Cancer→Living Well During Treatment→Physical Activity and the Cancer Patient.

Provides suggestions for physical activity during and after treatment.

Walk BC

www.walkbc.ca

Provides information about how to start a walking program, the benefits of walking and a map of walking routes around BC.

SUPPORT PROGRAMS

Physical Activity Services at HealthLink BC

www.healthlinkbc.ca/physical-activity or call 8-1-1

Qualified exercise professionals at HealthLink BC can answer your physical activity and exercise questions.

Call 8-1-1 toll free in BC from 9am to 5pm Monday to Friday and ask for “Physical activity service for cancer”.

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

Kelowna

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

Prince George

Toll-free 1.888.675.8001, ext. 8001

Surrey

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

Vancouver

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

Victoria

250.519.5517 or toll-free 1.800.670.3322