Ontologies Classes Object Properties Data Properties Annotation Properties Individuals Datatypes Clouds

Class: Exercise_LC

Annotations (2)

- rdfs:comment ""Ways to Stay Active: Try to get up and out each day, even just to walk to another room, take a shower or get the mail. Every little bit helps! Light stretching is a great way to stay mobile and avoid over exertion. Participate in activities you liked before you were diagnosed. You may need to modify them, but they can still be enjoyable. Set achievable goals for yourself such as taking a short walk every day. Check out exercise programs on your television, online or cellphone apps. Visit a physical therapist to regain strength before exercising on your own after lung cancer treatment. Your physical therapist also will give you exercises you can do at home.""(xsd:string)
- rdfs:comment ""You may lose strength and endurance from lung cancer treatment, no matter how physically fit you were before diagnosis. If you did not exercise before being diagnosed, now is a great time to start moving. Remember to listen to your body and not over exert yourself. Even light physical activity, including walking or stretching, can make you feel better. Some people will be able to start an exercise routine on their own while others will need or want to contact a specialist. Check with your doctor before starting a strenuous exercise program. Not all types of exercise are appropriate for everyone. Some people need to use caution when exercising with lung cancer. That includes anyone: With severe anemia With a compromised immune system (avoid public places, including gyms) With severe fatigue With balance issues or weakness (never exercise alone) If you want guidance on starting an exercise routine you can contact the specialists listed below. Make sure the specialist is certified by an exercise-related professional organization, such as the American College of Sports Medicine. Physical Therapist Exercise Physiologist Personal Trainer""(xsd:string)

Superclasses (1)

- Living_with_LC_LC

Disjoints (4)

Breathing_LC, **Exercise_LC**, Nutrition_LC, Sleep_LC

OWL HTML inside