Physical Activity Improves Quality of Life for Lung Cancer Survivors

According to the Centers for Disease Control and Prevention, as of 2008 over 200,000 people are diagnosed with lung cancer each year. Research has shown that survivors of lung cancer tend to have poorer quality of life outcomes than survivors of other types of cancer.

This month, a study published in Lung Cancer followed nearly 2,000 long term lung cancer survivors for four years to assess the impact of physical activity on quality of life. Findings showed that those who exercised regularly (at least 30 minutes per day five days per week) had overall higher quality of life scores than those who were sedentary. Increasing physical activity was associated with higher reported levels of mental, physical, social, emotional, and spiritual quality of life and improved symptom control as measured by pain, frequency of coughing, shortness of breath, and fatigue. Similarly, decreased physical activity was associated with lower reported levels of quality of life and poorer symptom control.


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