

# Physical activity: A future standard in cancer therapy

 Petra Thaller  . *Outdoor Against Cancer. Munich, Germany.*

Dear Editor:

This Outdoor Against Cancer (OAC) trailer highlights the crucial role of physical activity as an integral part of cancer therapy. Exercise is not just an additional element but an essential component that should be firmly integrated into the treatment of cancer patients. The film presents the latest ESMO (European Society for Medical Oncology) guidelines on physical activity in cancer, emphasising the positive effects of exercise on the quality of life and chemotherapy outcomes for cancer patients (ESMO, 2018). Additionally, it showcases the outstanding work of OAC, an organisation dedicated to promoting physical activity as a key component of cancer therapy.

The two protagonists, Petra Thaller, Founder and President of OAC, and PhD. Rudolfs Ceseiko, Exercise Physiologist, OAC Exercise Expert and Adviser, share their personal stories as cancer survivors and passionate athletes. Both emphasise the transformative power of physical activity during and after cancer therapy. Particularly highlighted is the 4x4 interval training developed by Ph.D. Rudolfs Ceseiko, specifically designed for cancer patients to enhance their physical and mental well-being. (Cešeiko et al., 2019; Cešeiko et al., 2020) Recent studies and reports, including the latest findings from ESMO, demonstrate that the 4x4 training not only improves patients' well-being and quality of life but also helps reduce chemotherapy side effects and promotes long-term survival (Cormie et al., 2017; Patel et al., 2019).

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Petra Thaller discusses her personal journey as a cancer patient and the motivation behind founding Outdoor Against Cancer. Her organisation works closely with leading experts to develop tailored exercise programs for cancer patients. Ph.D. Rudolfs Ceseiko complements this perspective with his expertise in exercise physiology, emphasising the scientifically proven benefits of physical activity. He stresses that exercise supports both the physical and psychological recovery process (Friedenreich, et al., 2016; Ceseiko et al., 2020; Eyl et al., 2020).

The trailer powerfully illustrates how integrating physical activity into cancer therapy is not just an option but a necessity. The protagonists convey a clear message: exercise is life. Implementing these insights in practice can significantly improve the treatment outcomes for cancer patients (Ligibel et al., 2016; Scott et al., 2018; McTiernan et al., 2019).

*Producer: Joshua Thaller*

*Filmed and directed: Zoran Kubura and Bojan Hadziabdic*

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