

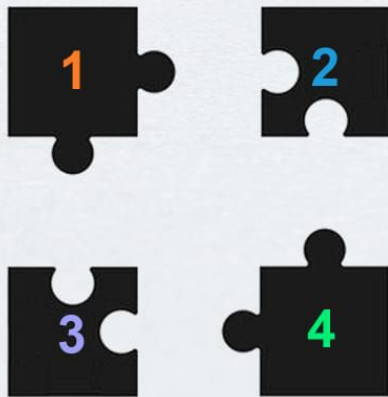
# Welcome to a new journal in exercise and cancer



Nowadays:  
Exercise is medicine



**B**  
Beginning:  
Patients with cancer must rest



1. Exercise can attenuate chemotherapy-related toxicities
2. Regular physical activity is associated with lower cancer incidence
3. The stimulation of immune function is a strong anticancer plus regular exercise
4. Forced exercise delays tumour growth rate

