

Finally found a med journal article that articulates the benefits of extreme exercise for cancer patients!

Cell Metabolism Perspective

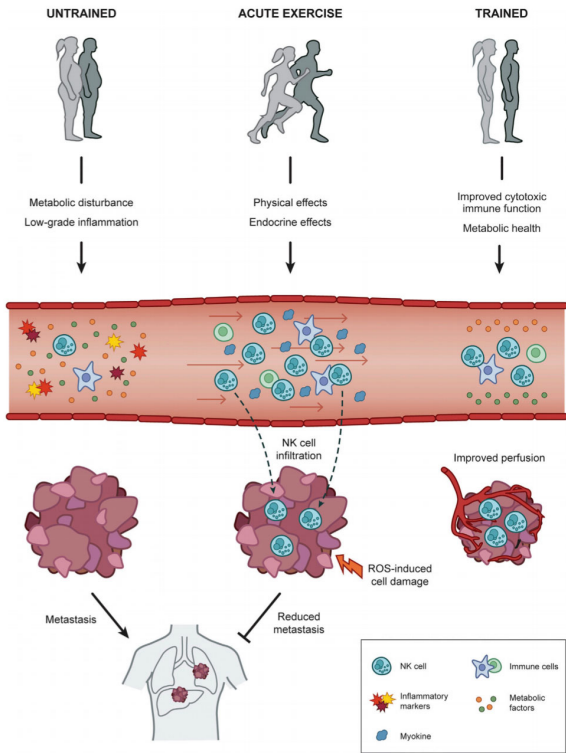


Figure 1. Molecular Mechanisms Linking Exercise to Cancer Protection
Exercise consists of: (1) Acute sessions leading to physical (increased blood flow, shear stress on the vascular bed, temperature increases, sympathetic activation) and endocrine (release of catecholamines and exercise hormones, myokine secretion) regulation that results in increased tumor perfusion, oxygen delivery, intratumoral metabolic stress, cellular damage, and ROS production. These acute changes are able to elicit signaling pathways that prevent metastasis. (2) Chronic training adaptations comprising systemic alterations with improved immune function, reduced systemic inflammation, and improved metabolic health, as well as intratumoral changes in the form of enhanced blood perfusion, immunogenic profile, and immune cell infiltration.

Cell Metabolism 27, January 9, 2018 15

The graphic says it all, but here's the link to the article itself- [https://www.cell.com/cell-metabolism/pdf/S1550-4131\(17\)30567-3.pdf](https://www.cell.com/cell-metabolism/pdf/S1550-4131(17)30567-3.pdf)

And another- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4909049/>

And this- <https://bjsm.bmj.com/content/51/8/640>