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## Nutrition and exercise guidelines

Posted by Blue Sky - 2008/09/02 07:16

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I've put links to some very good nutrition and exercise guidelines on this web page <http://www.bestcancersites.com/nutrition/> It says in part "It would be pretty safe to say that the basic principles of healthy diets and good exercise are now well understood by scientists, and the information is available in the form of easy to understand nutrition and physical activity guidelines on the internet and in print. If we want to get our general eating and exercise habits up to world's best practice for humans going about their everyday lives on planet Earth, we can do it using these guidelines, adjusting the information to suit our particular circumstances."

Nutrition and exercise guidelines are basic and rather unexciting information. It scarcely needs stating that cancer and its treatments can substantially or even radically modify what can and cannot be eaten and how much exercise one can get. The real fun I'm sure comes with navigating ones own personal individual and sometimes idiosyncratic culinary and exercisary yaght across the choppy and reefy waters of a cancer diagnosis and treatmentB) .

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