

Cancer-Related Products That Energize & Strengthen

Get out of your comfort zone and build confidence—and muscle!—with fitness classes and products.

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Many cancer care teams urge their patients to be physically active before, during and after cancer treatment. Engage your muscles and get your blood pumping from the comfort of home with a [WELLFIT Incline Treadmill with Handle](#) (\$399). This lightweight and compact treadmill fits easily under a bed, sofa or desk, making storage effortless, fast and clutter-free. WELLFIT also partners with the American Heart Association to help fund lifesaving cardiovascular research.

Too much time spent sitting can decrease body function, weaken muscles and reduce range of motion. [Livestrong](#) offers cancer survivors online fitness classes led by personal trainers certified in exercise oncology. Each CancerFit class is uniquely designed to help cancer survivors rebuild strength, energy and confidence after treatment. Try your first class free with code TRYCANCERFIT. Take a live video class with a trainer for just \$5, or check out the library of on-demand exercise videos for just \$5 per month.

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The American Cancer Society recommends between 150 and 320 minutes of yoga per week to speed recovery or defend against cancer occurrence or recurrence. (But, of course, you should speak with your health-care provider before engaging in new activity.) Yoga4Cancer helps people manage cancer side effects such as fatigue and stress via beginner-friendly online yoga classes. Its website features a shop offering athletic wear, water bottles and more. Whether you're exercising, stretching or meditating, the anti-slip rubber [Yoga is Medicine Yoga Mat](#) (\$50) with microsuede top will spark joy while providing stability and comfort.

Yoga is Medicine Yoga Mat

Resistance band training can help boost strength, build endurance and improve flexibility. [Hope Fitness Gear's Full Mini Loop Kit](#) (\$18.99) includes heavy-duty resistance bands in five resistance levels. Made from eco-friendly natural latex—known for its superior elasticity and durability—the versatile resistance bands suit all fitness levels. Plus, a portion of every purchase supports single mothers living with metastatic breast cancer.

Hope Fitness Gear's Full Mini Loop Kit

Look and feel good with items from the American Cancer Society's EverYou shop, which offers dozens of fashionable and functional gifts, including high-quality hairpieces, headwear and recovery products. The [Slick Chicks Accessible Hoodie](#) (\$74.99) features a hidden opening designed for tube routing and a magnetic zipper opening for those with limited hand dexterity. The oversize fit and relaxed waistband will provide comfort throughout the day.

