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PDF generated on July 21, 2016 from <http://www.cancer.net/es/node/24554>

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## [\*\*Healthy Living \[1\]\*\*](#)

### [\*\*About Healthy Living and Cancer \[2\]\*\*](#)

Get an introduction on healthy living during and after cancer treatment, including information on eating better, exercising more, and managing stress.

### [\*\*Nutrition Recommendations During and After Treatment \[4\]\*\*](#)

Find recommendations specific to people undergoing or finished with cancer treatment.

### [\*\*Food Safety During and After Cancer Treatment \[6\]\*\*](#)

Food safety is important for people both during and after cancer treatment. Learn about foods to avoid and how to safely prepare and store foods.

### [\*\*Physical Activity Tips for Survivors \[8\]\*\*](#)

Cancer survivors should be physically active during and after treatment. Regular physical activity can also reduce the risk of some cancers recurring. Here are some tips for getting

active.

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### Links

[1] <http://www.cancer.net/es/node/24554>

[2] <http://www.cancer.net/es/node/34996>

[3]

<http://www.cancer.net/es/sobrevivencia/una-vida-saludable/acerca-de-c%C3%B3mo-llevar-una-vida-saludable-con-c%C3%A1ncer>

[4] <http://www.cancer.net/es/node/24985>

[5]

<http://www.cancer.net/es/sobrevivencia/una-vida-saludable/recomendaciones-sobre-nutrici%C3%B3n-durante-y-despu%C3%A9s-del-tratamiento>

[6] <http://www.cancer.net/es/node/31516>

[7]

<http://www.cancer.net/es/sobrevivencia/una-vida-saludable/seguridad-de-los-alimentos-durante-y-despu%C3%A9s-del-tratamiento-contr-el-c%C3%A1ncer>

[8] <http://www.cancer.net/es/node/24996>

[9] <http://www.cancer.net/es/sobrevivencia/una-vida-saludable/actividad-f%C3%ADsica-sugerencias-y-consejos>