1. *A family member who is sedentary and has an unhealthy lifestyle as sought your advice in relation to cancer development.*

**Explain** how their current lifestyle can affect their risks and provide **5 suggestions** that may help them prevent this.

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| **Answer in this box** |

1. *A client is in rehabilitation for breast cancer and has undergone a mastectomy.*

**Describe** a minimum of **5** measures that you may be required to take to modify your fitness assessment and exercise programme.

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| **Answer in this box** |

1. **Explain** how you would help a cancer patient who is currently undergoing treatment and has poor psychological well-being. [**Provide** **5 suggestions]**

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| **Answer in this box** |