

## Nia exercise benefits individuals with breast cancer

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Researchers from ProMedica [Cancer](#) Institute have released new findings about the benefits of Nia exercise for individuals with [breast cancer](#). Nia is a sensory-based movement practice that heals the body using music and movement. The results of a 12-week study indicate that Nia significantly reduced fatigue in patients receiving [radiation therapy](#). Patients also reported better mobility in their arms and shoulders. This is the first national study to investigate how Nia affects patients undergoing cancer treatment. The findings are published in the [Oncology Nursing Forum](#).

The ProMedica Cancer Institute study involved 41 women undergoing radiation therapy for early and advanced stage breast cancer. Twenty were randomized to a Nia group and required to exercise for 20-60 minutes, three times a week. The 19 other participants were instructed to continue their normal daily activities. At the end of the 12 weeks, women in the Nia group shared that they had more energy and felt stronger compared to the control group.

"Eighty percent of cancer patients receiving radiation therapy experience fatigue," says Deb Reis, RN, Lead Researcher. "Nia fuels energy using gentle stretching and upper-body movements that help strengthen the chest area."

Nia incorporates a wide range of diverse movement styles from practices, including martial arts, jazz and contemporary dance and yoga. The exercise stimulates the [nervous system](#) while improving flexibility, strength, mobility, agility and stability. Nia was developed in the 1980s and is practiced in more than 45 countries.

SOURCE ProMedica [Cancer](#) Institute