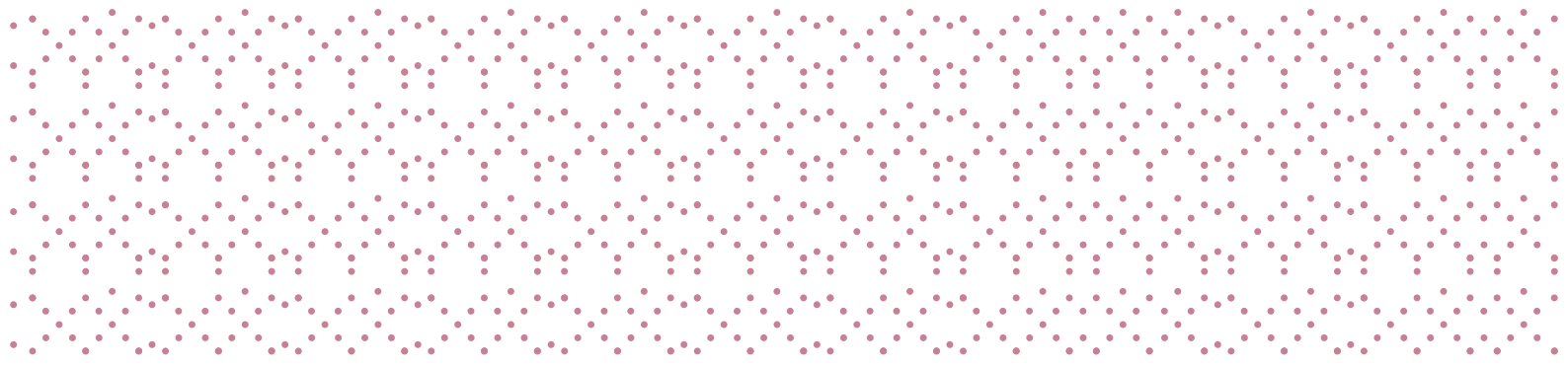
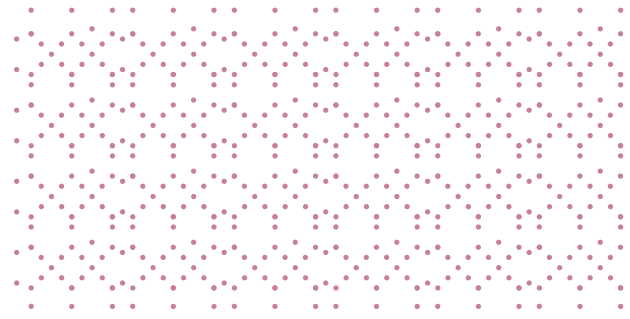




Cancer Exercise and Support Service





What is the Cancer Exercise and Support Service Programme?

This free programme is designed to support and motivate you in adopting a more physically active lifestyle.

It is delivered with the expert guidance of an experienced Fitness Instructor, using a combination of education and physical activity. These personalised sessions will encourage you to reduce your time spent sedentary, support you in adopting a more physically active lifestyle and motivate you to maintain regular exercise.

There is growing evidence that maintaining regular physical activity during and after a cancer diagnosis can: improve physical function; help with treatment related side-effects (fatigue and breathlessness); reduce the risk of recurrence in some cancers (breast, colon and prostate) and the development of other long term conditions (heart disease and diabetes); and greatly improve your sense of wellbeing.

As the UK's largest healthcare charity, we are working to build a healthier nation. We recognise there is an unmet need to support and help rehabilitate people, having survived a primary cancer or who are living with cancer as a long term condition. Therefore we're offering this programme for free.

Our experts in cancer rehabilitation means we can offer tailored advice on physical activity with an individualised exercise programme, while supporting you on your journey back to feeling healthier with an improved sense of wellbeing.

So far, results have shown an improvement in participants' general fitness levels, a greater sense of wellbeing and the desire to adapt to a healthier lifestyle. Previous participants have said:

"Following my chemotherapy I hadn't realised how much strength and stamina I had lost. My Fitness Instructor, made sure I never overstretched myself and increased my activity as my strength and stamina grew and within weeks it became clear to see the benefits of the programme and how much better physically and mentally I felt.

"It was good to have someone to guide you to do enough but not to overdo it. Which was peace of mind, especially as my cancer had progressed".



How does the programme work?

- ◆ The programme is for 12 weekly sessions
- ◆ Sessions are 1:1 with the Fitness Instructor trained in cancer rehabilitation
- ◆ The programme is free of charge and will give you free access to the gym
- ◆ You will be asked to complete two questionnaires on completion of the programme. One to assess your perceived physical activity and one to assess your wellbeing.

Who will deliver the programme?



James Gardner is a personal trainer who has worked at Nuffield for eight years and has qualifications in GP and Exercise referral, and has completed a course in cancer rehabilitation.

How can you take part in the programme?

You can ask your consultant, oncology or specialist nurse to refer you to the programme. Or contact the oncology unit on **01223 370940** and ask to speak to one of the oncology nurses.

You will be asked to sign a consent form. Your consultant will then sign this form as an acknowledgement that you are able to take part in the programme. This form will be forwarded to the Fitness Instructor at the gym who will contact you directly to arrange your first session.

