



Cancer Exercise Group Program

**Monday and Thursday afternoon
8-week program, twice a week.**



Many people with cancer lose fitness, muscle mass and strength, and find it harder to do normal everyday tasks. Exercise can improve physical function and fatigue and help you regain strength to return to your daily activities.

Benefits of exercise

- Improve how you respond to treatment (for some cancers)
- Reduce the risk and severity of side effects of cancer treatments
- Help with recovery from treatment by increasing energy levels, reducing treatment-related muscle loss, strengthening bones, and improving mobility and balance
- Improve sleep and fatigue, and relieve stress, anxiety and depression
 - Improves mood and self-esteem
- Offer new ways to meet people and socialise

What to expect:

- 60 minute session led by an Exercise Physiologist.
 - Pre and post-assessments required
- Group exercise sessions include aerobic, strength, flexibility and balance exercises.

**For information and to discuss referral process please contact
the Physiotherapist Department on
54855842.**

For consumers during active cancer treatment and 12 months post treatment.