

Having treatment for Cancer?

NOW is the time to



Keeping physically active and participating in Exercise during your Cancer treatment has been shown to:

Reduce treatment-related side-effects (fatigue, nausea, pain, depression, anxiety)

Reduce the risk of developing other long term health conditions (Coronary Heart Disease, Diabetes, Obesity and Osteoporosis)

‘REACT’

Improve quality of life

(Rehabilitation & Exercise during Addenbrookes Cancer Treatment)

Improve Cancer survival!

Contact Nicola Day, our Senior Physiotherapist and Cancer Exercise Specialist for more information on one to one assessment, group exercise classes, and exercise education sessions on : 01223 349294

or email react@addenbrookes.nhs.uk

act
Addenbrooke's
Charitable Trust



REACT

Rehabilitation & Exercise during Addenbrookes Cancer Treatment.

Led by a Senior Physiotherapist and Cancer Exercise Specialist, this programme offers supervised exercise opportunities for patients undergoing Cancer treatment at Addenbrookes Hospital, Cambridge.

The programme includes individual exercise assessments/exercise counselling, group cardiovascular circuit-style classes and standalone education sessions (including Pelvic Floor Health, Abdominal Muscle Recovery, Lymphoedema Prevention, Exercise for Healthy Bones etc). Taster sessions in Pilates, Tai Chi, Yoga, Zumba and Nordic Walking will also be offered.

This project has been kindly funded by the Addenbrookes Charitable Trust (ACT) until December 2018.



CIRCUITS

'BOOST YOUR BONES' SESSION

PILATES

PROGRESSIVE RESISTANCE & STRENGTH TRAINING

ZUMBA

TAI CHI

PELVIC FLOOR REHAB

FATIGUE MANAGEMENT

LYMPHOEDEMA PREVENTION

STOMA SAFETY

ABDOMINAL MUSCLE RECOVERY

DANCE

GOAL SETTING

HOME EXERCISE PROGRAMME DESIGN

COUCH TO 5K

NUTRITION & HYDRATION EDUCATION

BALANCE BOOTCAMP

SEATED EXERCISES

NORDIC WALKING