

## Can-Rehab at (EN)Gage Napier University – report from Eddie McGill

Earlier last year (around March) our support group was given details of an Exercise Project commencing at Napier University. The project was aimed at men with prostate cancer and was being set up by Dr Anna Campbell, a professor in Clinical Exercise Science at Napier University and an expert in Exercise Based Oncology.

A good number of us from the support group volunteered for the project.

Dr Campbell also attended one of our meetings here at Maggie's and spoke about the growing body of evidence of the benefits of exercise following a cancer diagnosis.

Research overwhelmingly supports exercise to treat and prevent negative physical and psychological side effects of a cancer diagnosis, during treatment and further phases of treatment, and to help patients transition into a healthy and active lifestyle

The exercise classes at Napier were individually tailored and focus on some light Cardiovascular Exercises for warming up, but mainly

- Movement and Flexibility
- Balance Training
- And Strength Training

The exercise sessions were held at Edinburgh Napier University (EN)Gage Gymnasium Complex at their Sighthill Campus. The sessions were held on Tuesday mornings and Thursday afternoons, both lasting about 1 hour. Both sessions were led by a fitness instructor who also had specialist training in Exercise Based Cancer Rehabilitation.

The Tuesday session was a group session held in one of the gymnasium studios where we performed a program of warm-up and stretching, followed by light strength exercises, then some yoga, and finishing with cooling down and further stretching exercises. The equipment used was all hand held, using small weights etc. This group session was also turned out to be a very good social meeting.

The Thursday afternoon session was based in the gymnasium and instruction was given on use on the various types of equipment, to be used in conjunction with individual training programs we received at the start. Again, the sessions have warm-up and cooling down phases but focus mainly on building muscle and bone strength.

The Project was to last about 12 weeks, and following on if anyone wished to continue, they would be offered a reduced membership at Napier gym for 3 months or if they wish just to continue with their program at a gym nearer where they live.

The university has excellent café and restaurant facilities that we were able to use.

During many medical treatments, it used to be said that Rest is Best. This is not necessarily true now, with latest thinking is to actually exercise whilst having chemotherapy.

My situation – I have recently completed 7 months of chemotherapy. I feel fitter, I'm convinced the exercise helped combat side effects of the chemo, particularly with fatigue and mobility, not least depression and anxiety and it gives you a positive feeling that you are doing something to help yourself! Very important!

I would highly recommend it!

At present, I am unsure if or when further groups will be invited onto similar Projects however, they are talking about this at Napier and in the process of training the trainers. I have heard there may be more news about this soon.

Anyone interested should contact;

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