

EXERCISE FOR **CANCER** REHAB

✉ canrehab@projekt42.co.uk
www.projekt42.co.uk



Projekt
42

EXERCISE FOR CANCER REHAB

OUR AIM

We want to help people affected by cancer to take part in exercise before, during and after treatment. We aim to give people a supportive environment to take part in exercise that will be beneficial in managing the side effects of cancer and cancer treatments.

WHAT WE OFFER

Cancer can affect people of all ages and fitness levels. Our small group sessions, led by a qualified level 4 exercise for cancer rehabilitation instructor, allow people to train in an appropriate way that will be safe and beneficial to them. It is also an opportunity to meet and train with other people affected by cancer, creating new connections in your support group. Projekt 42 have over 55 hours of fitness, yoga and meditation a week and, where appropriate, our instructor can recommend other classes that would be suitable to attend.

THE BENEFITS

Research has shown there are many benefits to exercising before, during and after cancer treatment. Physical activity can be an important part of your recovery.

Being active can help to:

- Reduce tiredness and some treatment side effects

- Reduce anxiety and depression

- Improve your mood and quality of life

- Strengthen your muscles, joints and bones

- Look after your heart and reduce the risk of other health problems

MORE INFO

Email canrehab@projekt42.co.uk
and one of our qualified
instructors will get back to you.

Registered charity SC045938