

Move More Edinburgh
Expert support to get you moving

LIVING WITH CANCER?
WE'LL HELP YOU
GET ACTIVE

WE ARE
MACMILLAN.
CANCER SUPPORT



Together with Macmillan

Edinburgh Leisure
The Biggest Club in Town

If you are living with cancer in Edinburgh, Macmillan and Edinburgh Leisure offer a free programme to help you get and stay active. Our activities are suitable for everyone, regardless of where you are in your cancer journey.

We'll ask you a few questions, listen to what you have to say and then discuss ways of making physical activity a part of your life. And it doesn't matter if you've never been a particularly active person. We run classes for all abilities and even activities such as gardening or walking could be part of your programme.

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control. It can help you prevent and manage some of the effects of treatment, such as fatigue, depression and risks to your heart health. And lots of people tell us that it helps them to feel more like their old self.

What's more, Move More Edinburgh classes are open to everyone, whether you're going through treatment or have long finished. You can even bring along a friend or relative to some activities. And they're a great place to meet others with similar experiences and to share your support, as well as to help one another stay positive and keep active.



To start getting more active today,
call our Move More team for a chat
on **0131 458 2260** or email
active@edinburghleisure.co.uk

No one should face cancer alone.
For support, information or if you just
want to chat, call Macmillan free on
0808 808 00 00
(Monday to Friday, 9am to 8pm)
or visit **macmillan.org.uk**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).