

Who runs the group?

The group is run by a Healthy Lifestyle Coordinator who has undertaken specific cancer exercise training.

Where is the group held?

- Club Kingswood

Clayhill Lane, Basildon, Essex, SS16 5JP

- Impulse Leisure

Blackshots Lane, Grays, Essex, RM16 2JU

- Eversley Centre

Crest Avenue, Basildon, Essex, SS13 2EF

- The Brentwood Centre

Doddinghurst Road, Brentwood, Essex, CM15 9NN

- The Gym Hub

Unit 18, Robert Way, Wickford, Essex, SS11 8DD

If you are interested in attending the cancer exercise group please speak to your consultant, your Clinical Nurse Specialist or your GP for a referral to the service.

ReferMe@impulseleisure.co.uk



Active for life

cancer exercise group

A physical activity programme for
people affected by cancer



Exercise and cancer

Physical activity is important for cancer patients at all stages of their cancer pathway. Keeping active throughout the cancer journey can help with physical and emotional wellbeing. It also helps to reduce the risk of health problems such as heart disease, stroke and diabetes.

Benefits

- Reduces tiredness
- Relieves pain and improves joint flexibility
- Improves bone health and reduces the risk of osteoporosis
- Improves general fitness
- Helps to achieve and maintain a healthy weight
- Improves mood and quality of life
- Enjoyable and supportive

What is the exercise group?

The group is an activity-based programme. Each person has an assessment so that exercises can be tailored to each person's individual needs. The group accommodates all levels of fitness and ability. The exercise group runs for twelve weeks and individuals are encouraged to attend two sessions per week.

Is there a cost?

The cost is £3 per session. We require all participants to commit to a twelve-week course attending two training sessions per week.