

Physiotherapy department

# Getting active after cancer

## Why be active after cancer?

Getting active after your cancer journey has been shown to maintain or improve physical function and psychological well-being.

Exercise is a safe and effective way to reduce treatment side effects and potentially reduce the risk or recurrence. Guidelines recommend 150 minutes of moderate exercise a week such as swimming and brisk walking.

## How to get started

### Christie information

Be Active, Stay Active booklet is a useful guide on exercising during and after treatment. The booklet is available from the rehabilitation unit and the cancer information centre at The Christie.

### Maggie's Manchester

The centre provides a full programme of practical and emotional support, including psychological support, benefits advice, nutrition and head care workshops, relaxation and stress management.

Tel: **0161 641 4848** or email [manchester@maggiescentres.org](mailto:manchester@maggiescentres.org)

The Robert Parfett Building, The Christie NHS Foundation Trust, 15 Kinnaird Road, Manchester M20 4QL

## Other information and support

Manchester City Council has a list of leisure activities and advice accessible via their website. Click on health and well-being from the service menu. If you live outside the area, have a look at your local council website for similar information.

[www.manchester.gov.uk](http://www.manchester.gov.uk)

Macmillan Active Manchester offer a range of activities/classes such as tai chi, dance and the opportunity to be involved in the Macmillan garden allotment.

Macmillan Connections South Manchester help people link with others in the same situation with shared interests and includes walking, yoga and mindfulness and craft groups.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

GM Active is made up of 12 separate leisure and cultural community organisations across Greater Manchester including Bolton, Wigan, Bury and Oldham. It helps address physical inactivity and promote well-being throughout Greater Manchester.

[www.gmactive.co.uk](http://www.gmactive.co.uk)



Buzz Manchester is a health and well-being service for people and communities in Manchester and their website includes a link to the physical activity referral service.

[www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)

Parkrun organise free, weekly 5km timed runs around Manchester and the world! They are open to everyone and are free and safe and easy to take part in.

[www.parkrun.org.uk](http://www.parkrun.org.uk)

Walking for health is run by the ramblers and is England's largest network of free group health walk schemes.

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

See the Move More guide from Macmillan Cancer Support for getting started to leading a more active lifestyle.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Greater sport for leisure activities close to you.

[www.greatersport.co.uk](http://www.greatersport.co.uk)

Couch to 5K is a running plan for absolute beginners.

[www.nhs.uk](http://www.nhs.uk)

### Physical activity apps

There are lots of apps and devices to help improve fitness and stamina including a Fitbit, Couch to 5K, Map my run, Bodyspace, 7 minute workout, Google fit, Strava. In addition your mobile phone may already have inbuilt fitness apps.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact [patient.information@christie.nhs.uk](mailto:patient.information@christie.nhs.uk)

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week