

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 of recurrence.

Guidelines recommend 150 minutes of moderate exercise a week such as swimming and brisk walking.

How to get started

There are now many services both within The Christie and around Greater Manchester to help you make those first steps.

Christie services

Walking group: A three month self-directed walking programme. Pick up your pedometer and diary from the cancer information centre, Department 7.

Be Active Stay Active Booklet: a useful guide on exercising during and after treatment. Booklet available from the Rehabilitation unit and information centre.

Maggie's Centre: Based on Kinnaird Road. Offers a range of supporting activities to get you started. Contact them directly for up to date information www.maggiescentres.org/manchester
Telephone: 0161 641 4848.

How to find out what is available in your area:

Manchester City Council has a list of leisure activities and advice accessible through their website www.manchester.gov.uk/helpandsupportmanchester (Click on health and well-being).

Macmillan Active Manchester: Offer a range of activities/ classes such as Tai Chi, dance and the opportunity to be involved in the Macmillan Allotment.

We Love to Walk: Regular planned walks run by Macmillan cancer information, Wythenshawe hospital. **Telephone: 0161 291 4876** for more information.

Outside of Manchester: Go onto your local council website under health and leisure to see what is available in your area. For example if you live in Liverpool your website would be www.liverpool.gov.uk or if you live in Blackpool it would be www.blackpool.gov.uk

Macmillan Website: www.macmillan.org.uk or visit your local Macmillan information centre.

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.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centre at Withington, Oldham or Salford.

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