

PHYSICAL ACTIVITY

These resources have been put together following the Secondary Breast Cancer Nursing Group meeting on Health & Wellbeing in May 2021. Click on the headings or links in the text for more information.

[American College of Sports Medicine \(ACSM\) guidelines on exercise for cancer survivors](#)

[Clinical Oncology Society of Australia \(COSA\) guidelines](#)

[Moving medicine](#)

Safefit

[SafeFit is a research trial designed to support anyone in the UK with suspicion of, or confirmed diagnosis of cancer. Our cancer exercise specialists will offer free, remote advice, support and resources to maintain and improve physical and emotional well-being.](#)

FF4C - Fighting Fit for Cancer (UK)

Fighting fit for cancer run a [Return to Movement](#) programme for Breast Cancer. Rachel is a physiotherapist with extensive experience working with cancer patients. FF4C are hoping to create free content in the future, but for now offer a 6 or 9 week programme both have a fee of £25, for those with primary and secondary breast cancer which includes a pre-assessment and personalised support. See attached sheet in email for more information.

CanRehab

CanRehab provides support for people living with and beyond cancer to become/stay active.

Professor Anna Campbell set up CanRehab Trust to provide support for people living with and beyond cancer in UK to become or stay active. The aim of this charity is to help people manage the side effects of cancer or treatment and improve their quality of life.

The Charity has developed a register of approved personal trainers and health professionals qualified to provide tailored exercise programmes for people living with cancer. CanRehab Trust matches individuals who may require a physical activity programme to an instructor who can provide a number of exercise sessions that are tailored to the person's needs based on their diagnosis and general health, stage of treatment and previous exercise experience.

[Macmillan Move More guide](#)

The Move More pack includes a [copy of the booklet](#) Physical activity as well as a Move More DVD which includes gentle activity videos you can do at home.

Move more Youtube videos

Physical activity for people with metastatic bone disease **Macmillan Cancer Support**

We Are Undefeatable

This website contains advice and resources on getting active for those with a long-term health condition, including [ways to move](#). We Are Undefeatable YouTube charity partners physical activity [videos](#)

[Ramblers Wellbeing Walks](#) (formerly Walking for Health)

England's largest network of health walk schemes, helping thousands of people across the country lead a more active lifestyle. Group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind.

Walks are short and over easy terrain. They are open to everyone but are especially aimed at those who are least active.

Exercise and staying safe – The Christie NHS Foundation Trust

[Exercise booklet](#)

[Updated June 2022](#)