



# FIGHTING FIT For Cancer

Our *Return to Movement* programmes are your fitness companion for cancer so you can get back to doing the things that matter most to you.

We have developed a series of evidenced-based exercise videos and supportive educational content to help you improve your flexibility, restore strength and build your cardiovascular fitness during and after breast cancer treatment. The programmes have been designed by a Specialist Physiotherapist trained in Cancer Rehabilitation and experienced in working with those living with cancer.

Exercise has been shown to provide significant benefits for your physical and emotional health and well-being when you have cancer. The *Return to Movement* programmes are tailored to those with cancer so you can reap the benefits of exercise to help to manage the side effects of cancer, surgery, and chemotherapy and radiotherapy treatment.

Whether you want to adopt a new exercise habit as you continue treatment, or you want to get back to your normal fitness routine, *Return to Movement* is designed to give you everything you need to achieve your fitness goals.

***Exercise with Confidence:*** Exercising with cancer can be daunting. We provide users with the most effective evidence-based programs and expert educational content so you can be safe in the knowledge you're following the best program to support your health and well-being.

***Giving You Control:*** We know every day is different when you're living with cancer and cancer treatment so our exercise sessions include modifications, progressions and advice so you can do what's right for you, however you're feeling that day.

***Access to Expert Support:*** Our team are always on hand to answer your questions and offer advice with one-to-one support included as part of the package.

## **Before You Join**

Your wellness and safety is our priority. All our users will complete an initial pre-participation questionnaire which allows us to safely confirm your ability to join the programme and indicate what form of additional one-to-one support you might require. We also have some criteria to ensure you can participate fully and get full benefit from the program. These are as follows:

*We ask that you are able to...*

- walk up a flight of stairs without too much difficulty
- to get on/off the floor comfortably

If you don't meet these requirements at the moment, don't worry! We'll be releasing more programmes in the future which will be more suitable for your needs. If you're not sure whether our programmes are right for you, get in touch and we can give you a call to answer your questions.

### ***More About Our Breast Cancer Programme.....***

This programme has been designed to incorporate the specific types of exercise to support your health whether you are recovering from breast cancer surgery or continuing other treatment.

It includes fitness videos to improve your mobility and to develop your strength. There is a day-by-day plan to ensure your exercise sessions are appropriately scheduled to manage your energy levels. We also include two cardio circuits with guidance on how hard to work when you're exercising, as well as Pilates, yoga and educational content to ensure you can take control of your fitness journey.

***Course duration: 6 or 9 weeks.***

### ***Return to Movement Plus.....***

We include a video or phone one-to-one which builds on your pre-participation questionnaire to provide you with any individualized support you might require. These requirements are assessed on an individual basis by our Physiotherapist.

### **FAQ's**

#### **I'm worried about starting to exercise again with a cancer diagnosis? Is it safe to do so?**

It's natural to feel this way, but exercise has been shown to have many benefits for improving outcomes from cancer and helping to reduce side effects. We will assess the results of your pre-participation screening to ensure you are safe to take part in the programme. It is also important to start slowly and build up your exercise gradually and we provide guidelines and support to ensure you can do this safely.

#### **Is the programme for all types of breast cancer surgery?**

Yes, this programme is for you if you've had lumpectomy, lymph node removal, mastectomy or breast reconstruction surgery.

#### **I had my surgery some time ago, is this programme for me?**

If you have had breast cancer surgery you can start the program when you're at least two weeks post-surgery, there is no limit on when you can start after that.

#### **How long does the Return to Movement programme take to complete?**

You can work through our exercise content over six or nine weeks. The time it takes to complete the programme depends on factors including the type of surgery you've had, your ongoing treatment and what your fitness level was like prior to your diagnosis. We will allocate you to the most appropriate programme for you based on the results of your pre-participation questionnaire.

**Can I take part in the programme if I have metastatic breast cancer?**

Yes, we have a number of ladies with Stage IV cancer on our programme who have found it to be beneficial in supporting their exercise routine. We will work with you to ensure you have the support you need to exercise safely and reach your goals.

**What if my treatment plan changes, can I change my program?**

You can get in touch with us at any time to discuss changes to your treatment plan that may impact your exercise programme, we're here to help you, every step of the way.

**Can I access the exercise program after I've completed the program?**

You can access the videos for two weeks after you complete the programme. We will provide you with an Exercise Pack at the end of the programme which includes exercise sheets which include all the key exercises from the fitness videos.

Please contact Rachel at [info@ffit4c.com](mailto:info@ffit4c.com) should you require any other information.