

To sign up to Move More Worcestershire or for more information, please complete the slip below and return to:

SPHW c/o Sarah Blackburn, Hines Building, University of Worcester,  
Freepost WR333, Henwick Grove, Worcester, WR2 6AJ

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Best time to contact \_\_\_\_\_



Our Move More programme is available to people from Worcestershire who are living with and beyond cancer in the county.

The Move More programme is available on referral from your CNS or other Health professional. Alternatively, you can self-refer by completing the slip above and returning it to us.

If you've received a referral to the Move More programme, this is because your nurse or healthcare professional has seen that increasing physical activity can be of benefit to your health and your quality of life.

What's more, getting active is also a great chance to meet others with similar experiences.

To find out more about the programme, please contact the Move More Coordinator on **01905 855 498** or email **movemoreworcestershire@worc.ac.uk**

For information and advice about getting active, call **0808 808 00 00** or visit **macmillan.org.uk/physicalactivity**

**LIVING WITH CANCER?**  
**WE'LL HELP YOU GET ACTIVE**

**WE ARE MACMILLAN. CANCER SUPPORT**

**Move More Worcestershire.**  
**Be a more active you.**

Together with Macmillan



## ? Who are we?

Move More is a programme supporting people living with and beyond cancer in Worcestershire in being more active.

## ? How does being active help?

When you're living with and beyond cancer, physical activity can help you make a positive change to your life. Cancer and its treatments can cause physical changes, and dealing with these is often stressful.

Being more physically active can help you cope with and recover from some of these changes. Doctors used to advise people to rest as much as possible during treatment, but this has changed. We now know that too much rest results in loss of muscle strength and low energy levels.

### Being active during and after treatment can:

- reduce tiredness (fatigue)
- reduce stress and anxiety
- help look after your bones, heart and lungs
- help reduce your risk of getting a blood clot
- help keep your weight healthy
- improve your quality of life.



## ? How can Move More help you?

You may be a little nervous about building up your activity levels, particularly if it's for the first time or if you haven't been very active for a while. You may feel too tired or just not know where to begin.

The Move More programme can support you in becoming more active with regular activity. Our Move More Coordinator is an exercise specialist trained in working with people living with and beyond cancer. We will sit down with you, at a time and place of your choosing, for an informal consultation and will help you find a safe and effective way of getting more active.

### We can support you to:

- overcome your concerns
- plan safe and effective activities to build your physical fitness in ways that suit you
- use physical activity to manage the side-effects of treatment
- choose enjoyable physical activities that fit into your life and match your interests
- plan ongoing support to help you keep as active as you would like
- receive a free Move More pack and resources to help you get moving.

'The fitness classes with Macmillan made me feel fabulous. Through the dark days, the focus was to get as fit as I could. It lifts your spirits, makes you feel good about yourself. You do as much or as little as you could cope with.'  
Service user.