

# Move More Worcestershire - Year 1

## IMPACT

**MORE THAN**  
**80** Enquiries  
**76** Referrals

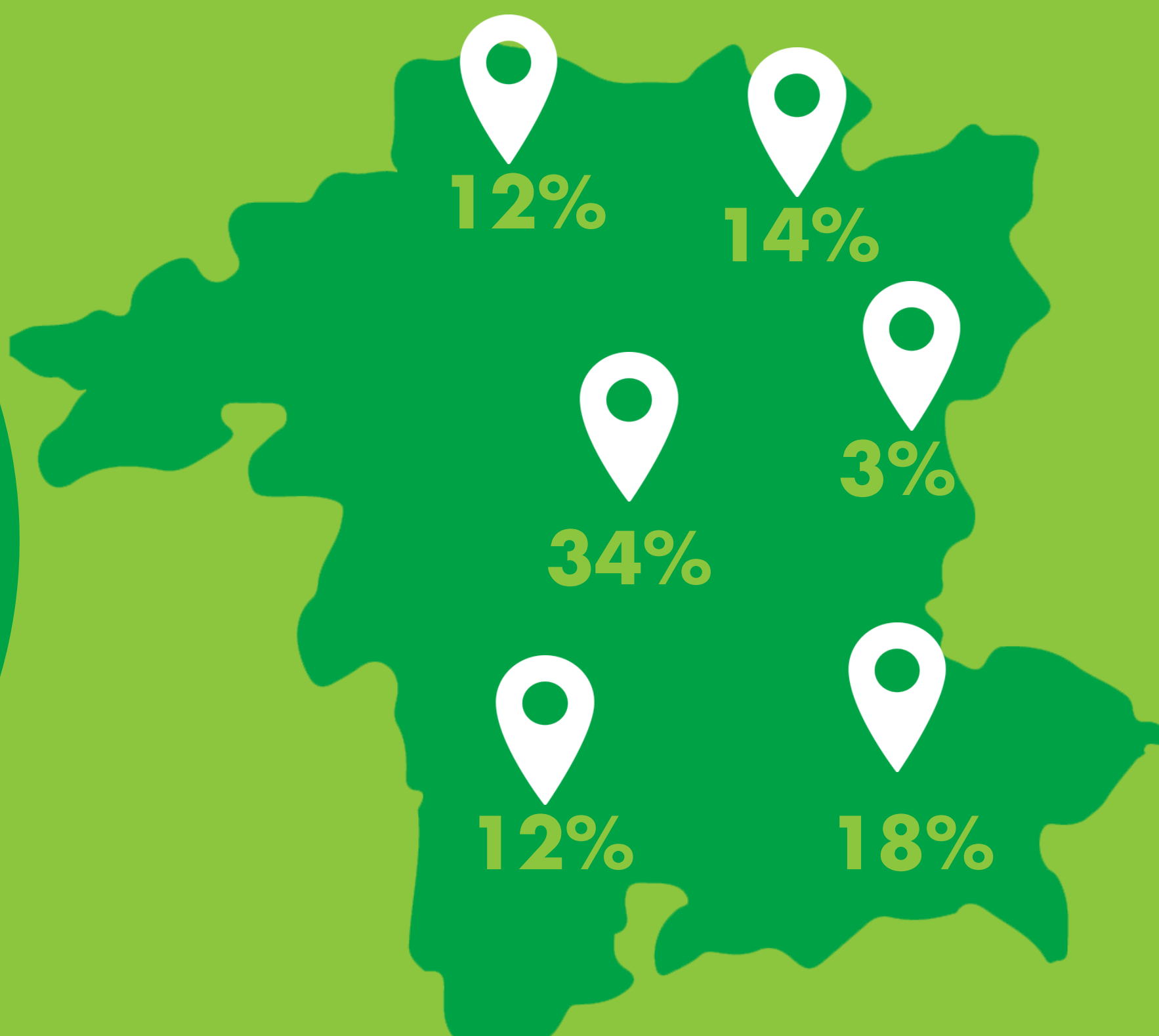
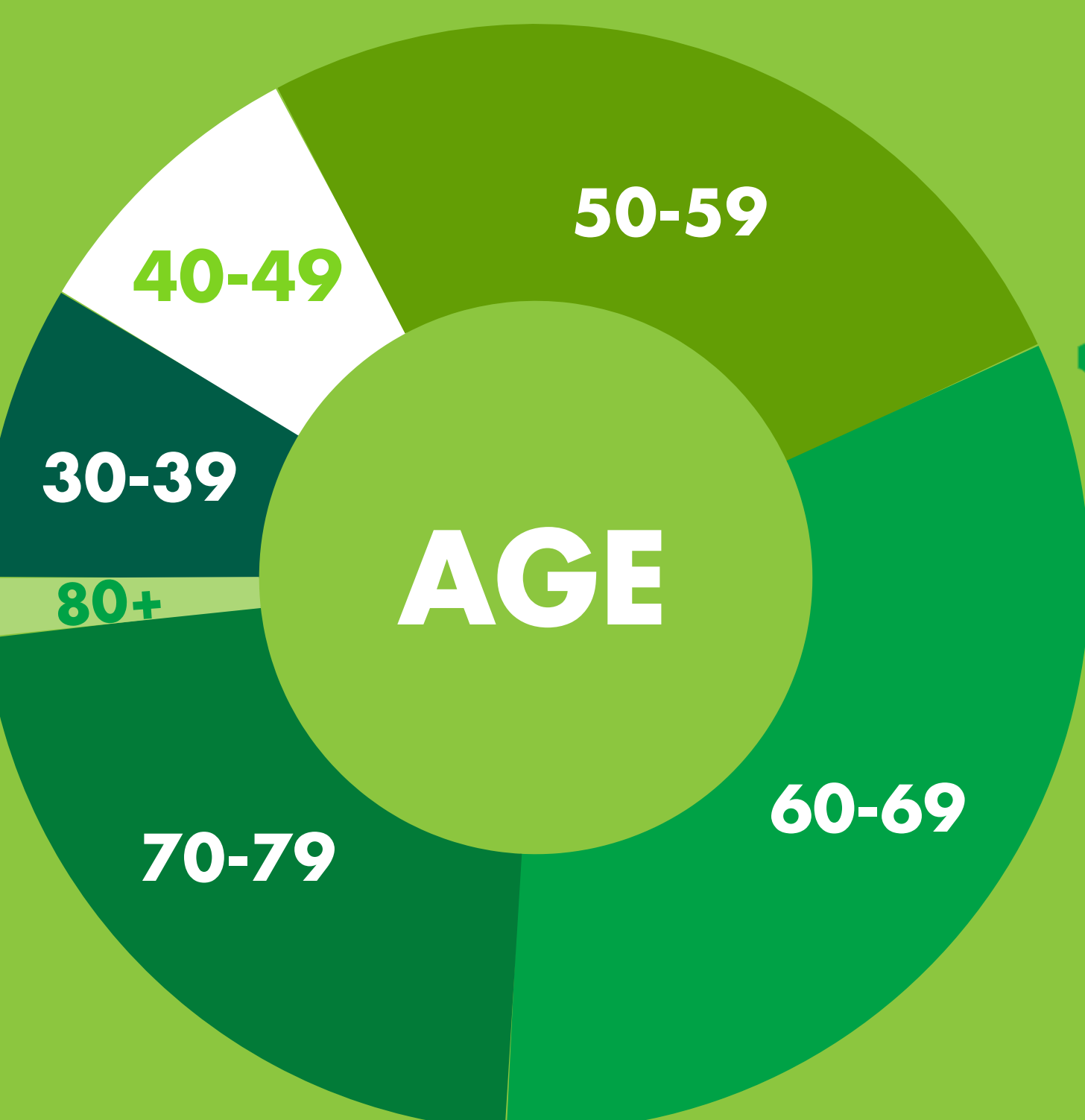
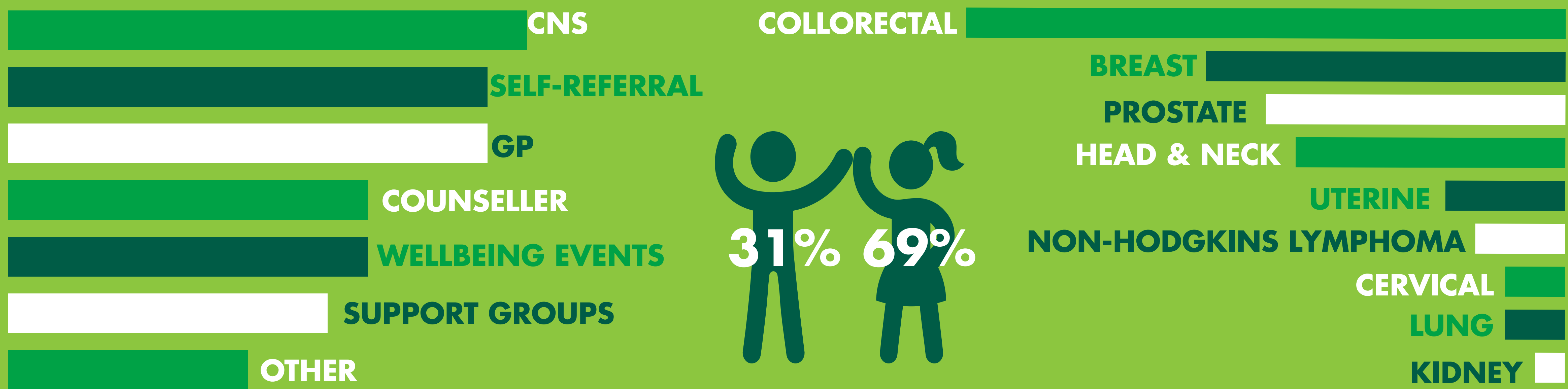


**91%**

Of those surveyed reported improved physical and/or psychological wellbeing\*

\*Limited sample size

## AUDIENCE



# Di Fox

## Move More Coordinator

As a Move More coordinator, Di really understands cancer and is there to provide personalised, ongoing support to help people affected by cancer to get active. She will sit down with people, at a time and place of their choosing, for an informal consultation and help to find safe and effective ways of getting more active.



“ I gained more confidence and Move More made me feel more worthwhile and motivated ”

“ You know the feeling “out of the woods” or “turned a corner” well that’s how I feel at the moment...I have at last started on the gym routine that you have set out. Heart rate no higher than 140, slightly fatigued but good recovery time. Walking, every Thursday, has also become less fatiguing. ”

“ Just to let you know that I have been to exercise classes, very good and very gentle, I would recommend them to anyone who hasn't exercised in a while, thank you for your time in finding these classes for me ”



01905 855498

[movemoreworcestershire@worc.ac.uk](mailto:movemoreworcestershire@worc.ac.uk)

[sportpartnership.co.uk/movemore](https://sportpartnership.co.uk/movemore)