

Nordic Walking Group Information

Welcome to the Cancer Rehab Team Nordic walking group. Nordic walking has many physical and psychological benefits including:

- Strengthening muscles and bones
- Keeping the heart and cardiovascular system healthy
- Reducing fatigue
- Improving mood and reduces anxiety and depression
- Reducing side effects from cancer treatments
- Helping to maintain a healthy weight

What to expect

The course is free, and you can **attend 8 sessions**.

We will meet on **Thursdays at 2pm** at the top bench on the right hand side as you drive into Royal Victoria Park at the Weston Road/ Park Lane roundabout junction (please see map below).

The session will be a total of approximately **45 minutes** including a short warm up and cool down.

Checklist for attending

- ✓ Dress appropriately for the Great British weather!
- ✓ Bring any medication that you may need with you (e.g. inhalers, GTN spray, insulin)
- ✓ Wear comfortable shoes and clothes to exercise in
- ✓ Water to keep hydrated
- ✓ Be aware of potential risks around you and the environment e.g. slippery surfaces/obstacles
- ✓ **Please do not attend if you do not feel well enough to complete the session, know that you have an infectious disease or have symptoms indicating that you are infectious to others. If you are unsure whether to attend please contact us to discuss this.**
- ✓ Remember to eat before exercising and bring a snack if needed
- ✓ Let us know if you are unable to attend by calling Therapies Reception on 01225 821242 or 821243
- ✓ Please let us know if there is any change to your medical condition (ruh-tr.cancerrehab@nhs.net)

We will meet at
the top bench
as you enter
the park

