



CRT Prehab Wednesday group

Welcome to the CRT Prehab Wednesday exercise class. There are many physical and psychological benefits to exercise including:

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

What to expect -

The session is on **Wednesday mornings 11:30 – 12:30** and will be approximately 45 minutes including a short warm up and cool down.

There will be 10 exercises to work through and you will be doing each exercise for 60-90 seconds.

We will demonstrate the exercise and you will be able to follow what we are doing throughout the session.

Checklist for attending -

- ✓ Have any medication that you may need nearby (e.g. inhalers, GTN spray, insulin)
- ✓ Wear comfortable shoes and clothes to exercise in
- ✓ Water to keep hydrated
- ✓ Remember to eat before exercising and have a snack nearby if needed
- ✓ Let us know if you are unable to attend by calling therapies reception on **01225 821 242 or 821 243**
- ✓ Please let us know if there is any change to your medical condition (**ruh-tr.cancerrehab@nhs.net**)