

Get Strong, Stay Strong Exercise Class



Get Strong, Stay Strong is an **eight-week** strength-based exercise class for patients with a cancer diagnosis in the RUH Therapies gym.

What are the benefits of resistance exercises?

- Strengthening muscles, bones and joints
- Reducing fatigue
- Improving mood, reducing anxiety and depression
- Reducing side effects from cancer treatments and medication
- Helping to maintain a healthy weight
- Improving confidence

When and where?

- **Studio gym, Brownsword Therapies Centre**, please register at reception on arrival.
- **Thursdays 3-4pm**
- You will be offered eight sessions and will need to complete the classes consecutively.
- There will be one questionnaire and two outcome measures to complete before and after the course to measure your progress

Checklist for attending

- ✓ Please wear loose fitting, comfortable clothing and bring a drink
- ✓ Bring any medication that you may need with you (e.g. inhalers, GTN spray, insulin)
- ✓ Please do not attend if you have any signs of COVID or are self-isolating
- ✓ Let us know if you are unable to attend by calling Therapies Reception on 01225 821242 or 821243 or emailing ruh-tr.cancerrehab@nhs.net
- ✓ Please let us know if there is any change to your medical condition

Please ask your Oncology/Haematology team to refer you or email the RUH Cancer Rehab Team