

Norfolk's
Cancer Charity
Since 1980



Get Moving *with Big C*

Have you been affected by cancer?

Would you like to get more active?

Not sure where to start?

A 12 week wellbeing support programme to increase your physical activity.



What does the programme consist of?

Before starting you will have a 1:1 session via video or telephone call, which provides an opportunity to discuss your individual needs, goals and ask questions.

You will be able to participate in a **weekly group exercise session online**.

Regular 1:1 support throughout the 12 weeks to increase your physical activity.

What are the benefits of the programme?

- Improve strength, balance, and mobility
- Reduce fatigue
- A safe and supportive environment to increase your activity
- Individualised information for your circumstances
- Become more positive
- Peer support

Who is the programme suitable for?

Anyone aged 18 years or over who would like to get more active at any stage of their cancer treatment: pre, during or after.

We will always ensure it is safe and appropriate for you to participate, in some circumstances we may ask you to provide further information or talk to your medical team before starting.

If you are unable to access our online sessions, we can support you over the telephone.

For more details, contact:

0800 092 7640

physicalactivity@big-c.co.uk