

Physical Activity

Every little movement counts — listen to your body and go at your own pace.



Gentle physical activity can offer many benefits and can be adapted to how you are feeling.

- Helps reduce fatigue and boost energy levels.
- Improves mood, confidence, and mental wellbeing.
- Supports strength, balance, and mobility.
- Can improve overall quality of life during and after treatment





Physical activity does not have to be intense.

- Walking (indoors or outdoors)
- Gentle stretching or flexibility exercises
- Light strength or resistance exercises
- Chair-based or low-impact movement
- Activities tailored to your ability and energy levels

Important reminders for your safety;

- Always follow advice from your healthcare or cancer support team.
- Rest when you need to.
- Stop if you feel pain, dizziness, or unusual discomfort.

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

✉ Email: icanlivelife1@gmail.com

📱 Social: @icanlivelife



You are not alone. Support is available.