

# Sporting Activity

Sports can help people feel stronger, more confident, and better supported.



Taking part in sport or physical activity can play an important role in supporting health and wellbeing during and after cancer. When done safely and at an appropriate level, being active can help both the body and mind.

The most important thing is choosing something that feels enjoyable and manageable.





## Mental and emotional wellbeing

- Reduces stress and anxiety
- Improves mood by releasing feel-good chemicals (endorphins)
- Builds confidence and a sense of achievement
- Helps people feel more in control of their bodies

## Social benefits

Taking part in sport can also help people feel connected:

- Encourages social interaction and reduces loneliness
- Provides peer support from others with similar experiences
- Helps people feel part of a community

## 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](mailto:icanlivelife1@gmail.com)

📱 Social: @icanlivelife



**You are not alone. Support is available.**