

Swimming

Swimming is a supportive, adaptable way to stay active and feel good.



Swimming and water-based exercise can be a gentle, effective, and enjoyable way to stay active during and after cancer treatment.

Tips for getting started safely

- Speak to your healthcare team before starting, especially during treatment
- Start slowly and keep sessions short at first
- Rest when you need to
- Choose quieter pool times if crowds feel overwhelming
- Shower before and after swimming and care for your skin





Swimming benefits:

- Gentle on joints and muscles
- Builds strength and stamina
- Supports heart and lung health
- Improves flexibility and mobility
- Helps reduce stress and anxiety
- Can improve mood and relaxation
- Provides time to focus on yourself and your breathing

You don't need to swim lengths to benefit.

- Gentle swimming at your own pace
 - Walking or moving in shallow water
 - Aqua aerobics or water-based classes
 - Stretching or mobility exercises in the pool
- Choose what feels comfortable and enjoyable for you.

Always follow medical advice.

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.