

Walking

Small steps really do count – move in a way that feels right for you.



Walking is a gentle, flexible way to stay active and support wellbeing while living with cancer.

Walking fits into daily life

- No special equipment needed
- Can be done alone or with others
- Indoors or outdoors – whatever feels comfortable
- Easy to adapt to how you feel each day

Walking can be part of your daily routine, such as short walks around your home, garden, or local area.





Benefits of walking:

- Reduces cancer-related fatigue and helps improve energy levels over time
- Improves balance and confidence in everyday movement
- Helps manage treatment side effects such as stiffness and weakness

Even short walks can make a difference.

Walking is good for the mind as well as the body:

- Helps reduce stress, anxiety, and low mood
- Provides time to clear your head and feel calmer
- Being outdoors can enhance relaxation and wellbeing

Getting started safely

Start slowly and keep walks short at first. Walk at a pace where you can still talk. Take rest breaks when needed. Wear comfortable shoes. Increase time or distance gradually

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.