

Vitality

Exercise and information during and after your cancer treatment

What is vitality?

Vitality is a cancer rehabilitation exercise course developed to help you as you go through cancer treatment. It will help you adopt an active lifestyle and improve your physical fitness and confidence.

Vitality is held in the Physiotherapy Outpatient Department at Dene Barton Community Hospital.

It is a chance to meet others, learn more about healthy living and take your first steps towards creating and maintaining an active lifestyle. It is a relaxed and friendly group to help you improve your abilities.

Programme details

Sessions are held at the Physiotherapy Outpatients Department, Dene Barton Community Hospital on Thursdays, 1.30pm to 2.30pm. The course is 6 sessions.

Anyone with a diagnosis of cancer, and at any stage of their cancer journey can join free of charge.

What are the benefits of keeping active during and after cancer

Research has shown that exercising during and after treatment for cancer can:

- make your bones and heart healthier
- make your muscles stronger
- help you keep a healthy weight
- improve your wellbeing
- convert body fat to muscle mass



- give you the opportunity to socialise
- improve your mood
- help to cope with stress
- help you feel less tired
- provide empowerment.

Being active can also reduce your chance of getting other health problems like diabetes, high blood pressure, heart disease, lung disease and stroke.

Many people are concerned that increasing their activity levels will make them feel more tired, whereas evidence has shown that a gradual, graded exercise programme can actually reduce tiredness.

Is vitality right for me?

It doesn't matter if you have never been to a gym before and don't know how to use the equipment.

After introductions you will be closely supervised by a physiotherapist and cancer rehabilitation specialist to ensure you work effectively and safely, whatever level of fitness you are.

We have a range of equipment, weights, mats, band and chair-based activities.

We will discuss ways you are able to exercise on your own and make sure you are comfortable to continue to be active after the programme has finished.

What happens now?

Your healthcare professional will refer you to the vitality team.

The vitality team will contact you to book an assessment, where we will help you to set goals, introduce you to the gym environment and answer any questions or concerns you may have.

Contact details

To contact the vitality team please call the physiotherapy reception on 01823 344 965 Monday to Friday 8.30am to 4.30pm.

Useful websites

Somerset Activity and Sport Partnership
www.sasp.co.uk/revitalise

Macmillan

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/physical-activity-and-cancer>

