

Cancer Care

The Cancer experience is highly unique to each individual and very challenging. Individuals are confronted emotionally , psychologically, spiritually and physically. Each aspect has both immediate and long lasting ramifications. With advancements in research, technology and treatments, survival rates are high and life expectancy is increasing. Whilst on treatment, we are fighting our disease but it is also during this phase that we need to prepare for the future. During this time, we can start to examine our lives , thoughts, beliefs, relationships, priorities and most importantly health behaviours. A cancer diagnosis brings with it an opportunity to reflect, and re-examine every aspect of our life. Any changes that we wish to incorporate daily, can commence now. Maybe there are new goals which we wish to attain, health behaviours that we wish to embrace or not uncommonly, past cherished activities which have been neglected that we have a chance to revisit.

Physical Activity, movement and exercise offer a unique solution to have a positive impact on all aspects of yourself. Research has highlighted the positive effect of exercise on:

- * levels of fatigue,
- * quality of life,
- * mood,
- * cognition,
- * immune function,
- * cardiovascular and respiratory health,
- * weight and body composition,
- * strength and endurance,
- * stress,
- * pain
- * confidence.
- * Overall health markers