

# Wellbeing and Exercise



working in partnership with

**Woking Borough Council**



## Physical Activity and Cancer

My name is Sandra and I work in partnership with Woking Borough Council in running exercise classes for individuals who have been diagnosed with cancer. The classes are designed for those:

- waiting for treatment    - during treatment    - after treatment

Helping to maintain a healthy lifestyle.

Regular exercise reduces the risk of cancer, can help clients cope with the side effects of treatment and lowers the risk of developing other long-term conditions or potential new cancers.

Common side effects of cancer such as weight gain, loss of muscle strength and fatigue are all things that regular exercise can help to negate along with a positive outlook.

The class is designed to suit all levels from beginners through to the more experienced. I have the knowledge and expertise to ensure the session is tailored to your specific needs and fitness level.



The class is held at :  
Byfleet Village Hall, 54 High Road, Byfleet

Tuesday & Friday 11-12 o'clock    £5 per class

**Upon contacting me you get a FREE one to one consultation and FREE first exercise session (you can even bring a friend/relative)**

Please email / call for more information  
info@wellbeingandexercise.co.uk / 07768 790887

[www.wellbeingandexercise.co.uk](http://www.wellbeingandexercise.co.uk)

