


### Get in Touch

To see if you are able to join this programme, please speak to your clinical nurse specialist, hospital consultant or family doctor. These people are your first point of contact and they can refer you to the Action Health team.

The Action Health team look forward to working with you towards your fit, healthy and active future. We will treat you as the individual that you are, so why not give Action Health a try?

For more information about the Action Health Project please contact:

 **The Action Health Team**  
c/o Action Heart  
Russells Hall Hospital  
Dudley DY1 2HQ

 **01384 456111 ext. 1470**

 **actionhealth@actionheart.com**

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For UK wide information, support or just someone to talk to, call Macmillan on 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MACCSWE005

**MACMILLAN**  
CANCER SUPPORT

**ACTION HEALTH**  
**IT'S GOOD**  
**TO MOVE**



**Encouraging people with cancer  
to become more active**

In partnership with



The Dudley Group   
NHS Foundation Trust

# Action Health

## Encouraging people with cancer to become more active



### Who we are

Doctors and health professionals used to advise people to rest as much as possible during and after treatment, but due to growing evidence this has now changed.

Action Health is a specialist service that helps and supports cancer patient to be more active. Keeping active is one of the best ways to make a positive difference to your life, at whatever stage of cancer treatment you might be. Our programme, run by the Action Health team, means that there is now an exercise specialist trained in working with cancer patients who will help you with safe and effective ways of being active.



### How does being active help?

Being active during and after treatment can help:

- reduce tiredness, reduce stress and anxiety
- look after your bones
- look after your heart
- keep your weight healthy
- improve your quality of life
- to reduce your risk of recurrence or developing other cancers.



### It's good to move!

Whatever your health, regular physical activity can help you feel better. But being more active can be challenging, particularly if you are also dealing with a difficult illness, so it's important to get advice before you start. The Action Health team will give you tailored, individual advice.

Once you are referred to the Action Health team, you will be assessed by a specialist who has been trained in working with



people with cancer, and who will then discuss with you the ways in which you can increase your physical activity. This might be through exercise at home, attending a gym or fitness centre local to where you live, or by attending the Action Heart Centre, at Russells Hall Hospital, for a 12-week supervised exercise programme.

We want to support you in starting regular, sustainable physical activity and any discussion with our team would include:

- planning safe and effective exercise that meets your personal needs and abilities
- overcoming your concerns
- finding suitable activities to build your physical fitness in a way that suits you
- managing the side-effects or after-effects of treatment
- choosing enjoyable physical activities that fit into your life and match your interests
- planning ongoing support to help you keep as active as you would like.