



HUTTON MOOR  
**LEISURE CENTRE**

# Steps to Get Active Cancer Prehab/ Rehab

**at Hutton Moor Leisure Centre, Weston-super-Mare**

Take part in 12 weeks of FREE physical activity prehab/rehab scheme for people living with or beyond cancer. You can maintain or improve your quality of life by taking part in regular, supervised exercise with fitness instructors specifically qualified to support individuals with cancer.

The group programme is designed to safely build your fitness, strength and confidence through a circuit-based class that can be adapted to all levels of fitness. All sessions include a warm-up, main exercise component, a balance section and a cool down.



**Mondays 1- 2pm**

Physical activity has an important role to play in preventing and treating many conditions and for most people with long-term conditions, the benefits outweigh the risks and can reduce fatigue following cancer or cancer treatment.

**For further information about Steps to Get Active or to register for your FREE 12 weeks of group support contact Amanda Burroughs:**

**Call:** 07917 116154 or **Email:** [tony\\_amanda@hotmail.co.uk](mailto:tony_amanda@hotmail.co.uk)

[www.betterhealthns.co.uk/information/steps/](http://www.betterhealthns.co.uk/information/steps/)