

Recovering from Cancer



A healthy active lifestyle can benefit you living with a cancer diagnosis.

Fitter Futures Warwickshire recovering from cancer pathway is dedicated to helping you become more physically active.

12 weeks of Physical Activity on Referral - have your own personalised exercise programme.

Discounted costs which vary depending on location and Provider.

Eligibility

This programme is available for those newly diagnosed, having treatment, or have finished treatment.

You must also be registered with a Warwickshire GP.



Improves cancer related fatigue



Helps anxiety



Improves sleep quality



Reduces post-operative complications

www.warwickshire.gov.uk/fitterfutures

For more information please contact
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