

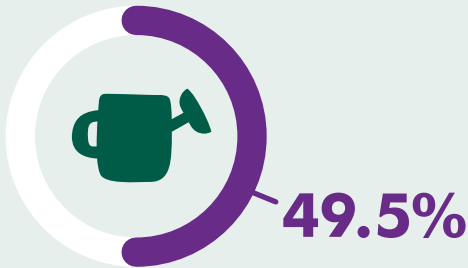
# GET SET, GARDEN, GROW!

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## Why gardening is a good way to get active

We know gardening is a great way to exercise your body and mind. Research suggests that getting active during and after cancer treatment is good for recovery and feeling more like yourself.

### Gardening: the facts



Half of adults report gardening as a free-time activity in UK<sup>1</sup>



Gardening is a good way to **get active** and introduce some **light activity** into your routine

The Chief Medical Officer recommends **150 MINS** of moderate-intensity physical activity per week

**10 MINS** bursts at least



Try a **'little and often'** approach to physical activity, perhaps doing something every day

## Gardening during and after cancer treatment could help you:



reduce treatment side effects



reduce depression and anxiety



look after your bones and muscles



look after your heart



reduce tiredness (fatigue)



maintain a healthy weight

### Activities\* to do in the garden:



Trimming  
Planting  
Enjoy a cuppa



Raking  
Pulling weeds  
Watering



Mowing  
Digging  
Painting

\*Estimated energy levels

### Gardening helps you ...



Keep active for longer



Feel relaxed



Improve physical strength



Feel happier



Make new friends

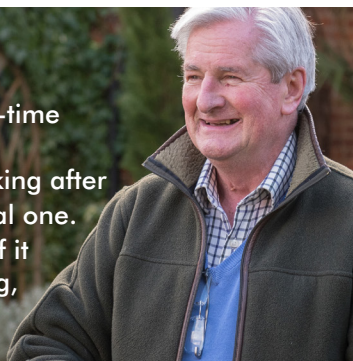


Grow your own food

Source: 2,3

### Herry's three tips

- 1 Don't put off asking for help or find a part-time gardener to come and give you a hand.
- 2 If you have a lawn that requires more looking after than you can manage, consider an artificial one.
- 3 Doing things makes you feel better, even if it is not doing very much. Do a bit of clipping, fill a green bag.



Gardening gives you so much excitement and pleasure. Don't let cancer stop you from getting out into your garden to maintain your exercise level.

Herry, NGS garden owner diagnosed with sarcoma

Find out more at [macmillan.org.uk/gardening](https://www.macmillan.org.uk/gardening)

In partnership with



1 <https://dir4cjhjw0hsi.cloudfront.net/app/uploads/2017/02/Kings-Fund-Report.pdf>

2 <https://www.ngs.org.uk/press-room/press/post/the-top-five-health-benefits-of-gardens-chosen-by-national-garden-scheme-garden-owners/>

3 <http://be.macmillan.org.uk/Downloads/CancerInformation/LivingWithAndAfterCancer/MAC14169gardeningE2lowrespdf20170313.pdf>