

GET
ACTIVE
FEEL
GOOD

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CANCER SUPPORT

Macmillan Cancer Support has developed the *Get Active Feel Good* pack to help people affected by cancer to get active. The pack has been developed by experts in health behavioural change, and is based on proven behaviour change methods used in the NHS' Let's Get Moving physical activity care pathway.

The benefits of being physically active

Traditionally cancer patients were told to rest after their treatment, however, physical activity is very important to the survival and recovery process.

- Reduce risk of cancer recurrence – being active during and after cancer treatment can reduce the risk of recurrence in some cancers. It can also reduce the risk of developing other long-term conditions.
- Reduce side effects – being active during and after cancer treatment can reduce some side effects of cancer and cancer treatment.
- Prevent decline in physical ability – being active during cancer treatment can prevent a decline in physical ability without increasing fatigue levels.
- Recover physical ability – being active after cancer treatment helps patients recover physical ability.
- Maintain independence – in cases of advanced cancer physical activity can help patients maintain independence and well-being.

People need support with getting active

Cancer patients face a large number of barriers to being active. The top barriers they say they face are being too tired, a lack of time and being too weak. They also said they need help to get motivated, and want to learn more about the benefits of being active.

How the pack can help your patients

Information and advice

Most cancer survivors are keen to receive information or advice about physical activity at some point during the cancer experience.

Increasing levels of activity

The pack is highly effective at helping people to get active. 92% of patients said the pack helped them to increase their levels of activity.

Changing perceptions

Patients who are worried about how they will be affected by being more active receive reassurance from the pack that this is okay. 81% of patients who had concerns said that the pack helped them to overcome their anxieties.

Supporting people in palliative care

The pack gives patients the comfort that it is okay to undertake some suitable activities. It also offers the families of those with terminal cancer the reassurance that patients can take on activities that family members may have been doing on their behalf.

How the pack can help you

91% of healthcare professionals said that the pack helped them to have a conversation with their patients about physical activity, with 52% saying that it really helped.

How to order copies of the pack

The evidence strongly points to the effectiveness of these packs to encourage and motivate those living with and beyond cancer to become more active. It's also proven to be an effective tool to help health care professionals discuss and assist patients with rehabilitation and recovery.

To order copies of the *Get Active Feel Good* pack visit macmillan.org.uk/movemore today.

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