

# Get fit for your surgery/treatment

'If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat' ~ Chief Medical Officer (CMOs)



# Exercise before and after surgery

Exercise is an important part of your treatment plan. There is emerging evidence that exercise both pre and post surgery improves surgical outcomes and reduces inpatient times in hospital (Ref: Royal College of General Practitioners).

Exercise also reduces your risk of many other serious health conditions, including heart disease, strokes, diabetes, dementia and improves your mental wellbeing, energy levels and sleep.

Try to find an activity you enjoy. The more activity you do, the better you will feel mentally and physically.

Moderate intense activity means that you could carry on a conversation while exercising.




Vigorous intense activity means that you would be unable to say more than a few words without pausing for a breath.

To help you prepare for your planned treatment, pre and post surgery, this booklet highlights practical ideas to help you to regularly move more. There are links to websites for you to access and do in your own time.

Please speak to your nurse about anything in this booklet that you would like more information about or help with.

The diagram shown here is the Chief Medical Officer's guidelines for physical activity for adults to do and enjoy every week.

# Physical activity for adults and older adults

 Benefits health	
 Improves sleep	
 Maintains healthy weight	
 Manages stress	
 Improves quality of life	
Reduces your chance of	
Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast) -20%	

Some is good,  
more is better

Make a start today:  
it's never too late

Every minute  
counts

## Be active

at least  
**150**

minutes

moderate intensity

per week

increased breathing  
able to talk



or a combination of both

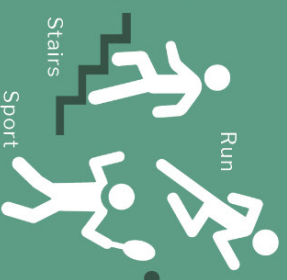
at least  
**75**

minutes

vigorous intensity

per week

breathing fast  
difficulty talking



**Build strength**  
to keep muscles, bones and joints strong



Gym



Yoga



Carry heavy  
bags



Run



Stairs



Sport

## Minimise

### sedentary time

Break up periods of inactivity



Bowls



Tai Chi

For older adults, to reduce the  
chance of frailty and falls

## Improve balance

2 days a week

# Exercise before and after surgery

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still.
- Accumulate at least 150 minutes (2 ½ hours) of moderate intensity activity per week (such as brisk walking, dancing, cycling, hiking, water aerobics, pushing a lawn mower).

or

- 75 minutes of vigorous intensity activity per week (such as running, jogging, swimming fast, cycling fast, football, hiking uphill, tennis, energetic dancing, martial arts).

or

- A combination of both.
- Plus, muscle strengthening activities on at least 2 days per week will help make you stronger and feel more confident on your feet (such as yoga, pilates, tai-chi, heavy gardening like digging or shovelling, push ups, sit-ups, lifting hand weights).
- Reduce extended periods of sitting.

- If you are already active, try to increase this further, particularly your cardiovascular activity (such as run an extra 5 minutes, walk an extra 100 steps/day, cycle in a higher gear to increase your rate of revolution).
- Exercise will help make sure your body is as fit as possible before surgery.



# Exercise before and after surgery ~ FVRH grounds ~ walk, cycle or jog

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## Down to the pier and pond

An easy stroll to the lovely pier. The peaceful view over the pond makes it a great place for a lunch break.

Wide tarmac paths with gentle slopes. Dropped kerbs at road crossings.



1 mile /  
1.8 km  
Allow  
½ hour

If you want to go a little further there's a choice of trails through the woods, all marked with coloured posts.

## Red Route

Wide earth and grass paths with gentle slopes. Some patches may be muddy after rain.



¾ mile  
1.1 km  
Allow  
20 minutes

## Blue Route

Wide earth and grass paths with gentle slopes. Some patches may be muddy after rain.



1 mile  
1.8 km  
Allow  
½ hour

## Yellow Route

Earth and gravel paths with moderate slopes. Some patches may be muddy after rain.



1 ½ miles  
2.4 km  
Allow  
¾ hour

# LOCHPOWER

Any amount of physical activity, however small, is good for you. Continuing to enjoy local walks, jogs, cycles or doing a few strength and balance exercises everyday is a great way to clear your head and stay active. It doesn't matter what you do, as long as you do something that you enjoy and keep moving.

## Welcome to Larbert Loch

Strength and balance are often overlooked aspects of our fitness.

So, whatever your age, here are nine strength and balance exercises that you may like to try during your visit to Larbert Loch. You could if you choose easily adapt these to do at home as well.

Consider taking five minutes at this bench to do some, or all, of these exercises, which will help with your strength and balance. A nice goal is to aim for twice a week and gradually increase it to every other day. These exercises will benefit your health and wellbeing for sure!

Aim for ten repetitions of each exercise. If that seems too much, try five and build up.

If you feel that it's too easy, try three sets of ten, and maybe add resistance by using hand held weights or bottles filled with water to some of the exercises.

Doing these strength and balance exercises twice a week or more, will help you be independent and will prevent falls and injury.

### SIT TO STAND



1. This one is easy. If you have only time for one exercise do this one. From a sitting position stand up as tall as you can. Slowly sit down, then repeat. This is a great way to keep our hips in good working order.

### ARM RAISE



2. Stand tall and raise both arms until they are level with your shoulders, then lower them to your side. When this feels easy perhaps hold a bottle of water in each hand. This is a great aid for everyday tasks like picking things up.

### BENCH PRESS UP



3. Lean against the bench or a railing with straight arms. Allow your arms to bend and let your chin get closer to the railing. Push back to upright position. This is great for helping our arms stay strong.

### BICEP CURLS



4. Sit comfortably on the bench. Lift each arm in turn until your fist touches your shoulder. If you find this too easy then hold a bottle of water while doing it. Helping us lift everyday items like shopping or suitcases.

### CALF RAISE



5. Use the railing or the back of a bench for balance. Lift your weight from both feet onto your toes and control the return to solid ground. This is great for helping our balance.

### FRONT KNEE EXTENSION



6. Sit comfortably on the bench. Lift one leg until it is horizontal to the ground. Repeat with the other leg. This is great for our circulation.

### HEEL TO TOE WALK



7. Stand at the back of the bench side on. Hold on for balance. Take small steps walking heel to toe. If you find this too easy then do this without holding onto the bench. This is great for helping our balance.

### LEG FLEXION



8. Use the rail for balance. Bend at the knee and bring your heel towards your bottom. Repeat with the other leg. This is a great way to help our legs stay strong.

### ONE LEG STAND



9. Use the rail for balance. Lift one heel up behind you and try to balance for a count of ten. If you find that too easy try it without holding onto the rail. Do with each leg in turn. Great for helping with our balance.

With thanks to Nanette Mutrie, Professor of Physical Activity for Health, University of Edinburgh.



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of EDINBURGH



Forestry and  
Land Scotland  
Coilltearachd agus  
Fearann Alba



Forth Environment  
Link  
The Environment  
Link



MAGGIE'S  
Supporting people with cancer



NHS  
Forth Valley



paths  
for all  
FOR A HAPPIER,  
HEALTHIER SCOTLAND

Please scan this QR code for  
lots more useful information



# CLACKSPOWER

## Welcome to Clackmannanshire Community Health Care Centre

Strength and balance are often overlooked aspects of our fitness.

So, whatever your age, here are nine strength and balance exercises that you may like to try during your visit to Clackmannanshire Community Health Care Centre.

You could if you choose easily adapt these to do at home as well. Consider taking five minutes at this bench to do some, or all, of these exercises, which will help with your strength and balance.

A nice goal is to aim for twice a week and gradually increase it to every other day. These exercises will benefit your health and wellbeing for sure!

Aim for ten repetitions of each exercise. If that seems too much, try five and build up.

If you feel that it's too easy, try three sets of ten, and maybe add resistance by using hand held weights or bottles filled with water to some of the exercises.

Doing these strength and balance exercises twice a week or more, will help you be independent and will prevent falls and injury.

Any amount of physical activity, however small, is good for you. Continuing to enjoy local walks, jogs, cycles or doing a few strength and balance exercises everyday is a great way to clear your head and stay active. It doesn't matter what you do, as long as you do something that you enjoy and keep moving.

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- ARM RAISE**  
2. Stand tall and raise both arms until they are level with your shoulders, then lower them to your side. When this feels easy perhaps hold a bottle of water in each hand. This is a great aid for everyday tasks like picking things up.
- BENCH PRESS UP**  
3. Lean against the bench or a railing with straight arms. Allow your arms to bend and let your chin get closer to the railing. Push back to upright position. This is great for helping our arms stay strong.
- BICEP CURLS**  
4. Sit comfortably on the bench. Lift each arm in turn until your fist touches your shoulder. If you find this too easy then hold a bottle of water while doing it. Helping us lift everyday items like shopping or suitcases.
- CALF RAISE**  
5. Use the railing or the back of a bench for balance. Lift your weight from both feet onto your toes and control the return to solid ground. This is great for helping our balance.
- FRONT KNEE EXTENSION**  
6. Sit comfortably on the bench. Lift one leg until it is horizontal to the ground. Repeat with the other leg. This is great for our circulation.
- HEEL TO TOE WALK**  
7. Stand at the back of the bench side on. Hold on for balance. Take small steps walking heel to toe. If you find this too easy then do this without holding onto the bench. This is great for helping our balance.
- LEG FLEXION**  
8. Use the rail for balance. Bend at the knee and bring your heel towards your bottom. Repeat with the other leg. This is a great way to help our legs stay strong.
- ONE LEG STAND**  
9. Use the rail for balance. Lift one heel up behind you and try to balance for a count of ten. If you find that too easy try it without holding onto the rail. Do with each leg in turn. Great for helping with our balance.

With thanks to Nanette Mutrie, Professor of Physical Activity for Health, University of Edinburgh.



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Land Scotland  
Coilltearachd agus  
Fearann Alba



Forth  
Environment  
Link  
FOR A BETTER  
FORTH



MAGGIE'S  
Specialist Home of Cancer Care



NHS  
Forth Valley



paths  
for all  
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# Exercise before and after surgery ~ The Super Six

7

1

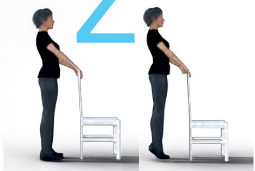
## SIT TO STAND



Sit up tall near the front of your chair. Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed. Step back until your legs gently touch the chair. Slowly lower your bottom back into the chair - using your hands if needed. ~ **Repeat up to 10 times.**

2

## HEEL RAISES



Stand tall with your feet hip-width apart. Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. ~ **Repeat up to 10 times.**

3

## TOES RAISES



Stand tall with your feet hip-width apart. Hold your support. Slowly lift the front of both of your feet at the same time, keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly. Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. ~ **Repeat up to 10 times.**

4

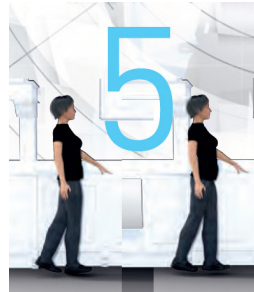
## HEEL TOE STAND



Stand tall, holding onto your support initially. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hands off if possible. Take the feet back to hip-width apart. Repeat with the other foot in front, balancing for another 10 seconds. ~ **Repeat up to 10 times.**

5

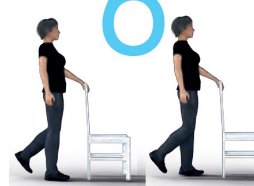
## HEEL TOE WALKING



Stand tall, side on to your support. Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action. Only hold on if you need to. Take your feet back to hip-width apart before turning slowly towards your support. Repeat the steps in the other direction. ~ **Repeat up to 10 times.**

6

## ONE LEG STAND



Stand close to your support and hold on. Balance on one leg, keeping your leg straight but your knee soft. Stand tall. Hold for 10 seconds. Repeat with the other leg. ~ **Repeat up to 10 times.**

NB: ensure you exercise within your own limits and capabilities.

As all these exercises are standing, people with pre-existing balance/mobility issues may not be safe to attempt these alone in the first instance.

# Links to exercise/activities

If you are already exercising, keep up the good work. If you are not, then start adding exercise into your day such as brisk walking, climbing stairs and gentle strength and balance exercises. Even light exercise is beneficial such as a 15-30 minute daily walk.

Below are some links to exercises you may find helpful to get you started:

[www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Patient-workbook.pdf](http://www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Patient-workbook.pdf)

[www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Cancer\\_Patient\\_info\\_leaflet\\_2020.pdf](http://www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Cancer_Patient_info_leaflet_2020.pdf)

[www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/06/PACE-up-MM-edit-v92.pdf](http://www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/06/PACE-up-MM-edit-v92.pdf)

[www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/03/PA-Diary.pdf](http://www.central.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/03/PA-Diary.pdf)

## **Standing exercises**

[www.scotland.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Standing-exercise-programme-v.2-final-1.pdf](http://www.scotland.movingmedicine.ac.uk/wp-content/uploads/sites/3/2020/04/Standing-exercise-programme-v.2-final-1.pdf)

## **Chair exercises**

[www.movingmedicine.ac.uk/wp-content/uploads/2020/04/Chair-exercise-programme-v.3-final-2.pdf](http://www.movingmedicine.ac.uk/wp-content/uploads/2020/04/Chair-exercise-programme-v.3-final-2.pdf)

## **Bed based exercises**

**(Oxford University Hospitals NHS Foundation Trust version)**

[www.movingmedicine.ac.uk/wp-content/uploads/sites/5/2021/08/Bed-exercise-programme.pdf](http://www.movingmedicine.ac.uk/wp-content/uploads/sites/5/2021/08/Bed-exercise-programme.pdf)

## **A variety of exercises including strength and balance**

[www.actify.org.uk/result/strengthandbalance](http://www.actify.org.uk/result/strengthandbalance)

Beginners, aerobics, yoga, pilates strength and resistance exercises.

[www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/](http://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/)

## **Prehab for Cancer**

**Cardio workout standing and seated versions**

[www.youtube.com/watch?v=Ubi1lgo8B3g](http://www.youtube.com/watch?v=Ubi1lgo8B3g)

## **Prehab for Cancer**

**From here you can access a variety of exercises - HIIT, stretching, Tai Chi, core, upper body, lower body etc**

[www.youtube.com/channel/UCrGI\\_A66IkfhXgucaf4R3bw](http://www.youtube.com/channel/UCrGI_A66IkfhXgucaf4R3bw)

## **Paths for All video of strength and balance exercises**

[www.youtube.com/playlist?list=PLZ3bXGWNVY4LDwJGvyIFh61OpyMqCMEc8](http://www.youtube.com/playlist?list=PLZ3bXGWNVY4LDwJGvyIFh61OpyMqCMEc8)

# Links to exercise/activities

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## **Walking football**

[www.walkingfootballforthvalley.co.uk/](http://www.walkingfootballforthvalley.co.uk/)

## **Walking rugby**

For more information about walking rugby at Grangemouth Rugby club please email: [Rontaylor368@gmail.com](mailto:Rontaylor368@gmail.com)

## **Walking netball**

Available at The Peak, Stirling

## **Walks**

[www.braveheart.uk.net/walking/](http://www.braveheart.uk.net/walking/)

[www.weecountywalkers.wordpress.com/2013/09/29/join-us-for-a-walk/](http://www.weecountywalkers.wordpress.com/2013/09/29/join-us-for-a-walk/)

## **Paths For All local health walks**

[www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

## **Step Forth walking programme**

[www.falkirkcommunitytrust.org/fit-and-active/step-forth/](http://www.falkirkcommunitytrust.org/fit-and-active/step-forth/)

## **WeeWalkWeeCycle**

[www.weewalkweecycle.org/](http://www.weewalkweecycle.org/)

## **Falkirk Active Travel Hub**

[www.falkirkactivetravelhub.org/](http://www.falkirkactivetravelhub.org/)

## **Stirling Active Travel Hub**

[www.stirlingactivetravelhub.org/](http://www.stirlingactivetravelhub.org/)





# **ENGAGE, EDUCATE & INSPIRE**

## **PE, Physical Activity and School Sport**

### **Weekly Classes – 25<sup>th</sup> October to 17<sup>th</sup> December 2021**

<b><u>Monday</u></b>			
Zone 50	Dumyat Leisure Centre	1.30pm to 2.30pm	£2.50
Lower Limbs Class	Cochrane Hall,	4.30 to 5.15pm	£2.50**
Lower Limbs Class	Cochrane Hall	5.15 to 6pm	£2.50**
Social Badminton	Alva Academy	6pm to 8pm	Adults £4.70 U16's £2.50
<b><u>Tuesday</u></b>			
Sporty Seniors	Dollar Civic Centre	11am to 12 noon	£2.50
Over 50s class	Tullibody Civic Centre	1.30pm to 2.30pm	£2.50
Circuit/Exercise	Alva Academy	6pm to 7pm	£4.70
Zumba,	Alloa Academy	7 to 8pm	£4.70
<b><u>Wednesday</u></b>			
Mature Movers	Sauchie Hall	10.30 to 11.30am	£2.50
OTAGO	Sauchie Hall	3.15 to 4.15pm	£2.50
Lower Limbs Class	Sauchie Hall	5.15pm to 6pm	£2.50**
Fitter Folk's	Lornshill Academy	6 to 7pm	£4.70
Kettlercise,	Alva Academy	6 to 7pm	£4.70
Social Badminton	Alloa Academy	7.30 to 9.30pm	Adults £4.70 U16's £2.50
<b><u>Thursday</u></b>			
Chi Kung	Sauchie Hall	2 to 3pm	£2.50
Social Table Tennis	Alva Academy	6 to 8pm	Adults £4.70 U16's £2.50
Starts 4 <sup>th</sup> Nov			
Gentle Yoga	Lornshill Academy	6 to 6.45	£4.70
Seasonal Yoga	Lornshill Academy	7 to 8pm	£4.70
Female weights class	Alloa Academy	7 to 8pm	£4.70
<b><u>Friday</u></b>			
HIIT Class	Online	9.30am	FREE
			Kenny / Kirsty

***Friday ONLINE CLASSES is FREE AND CAN BE ACCESSED THROUGH THE GET ACTIVE SAUCHIE FACEBOOK PAGE!***

**BOOKING IS ESSENTIAL FOR ALL OF THE FACE TO FACE WEEKLY CLASSES.**

**THIS CAN BE DONE BY CONTACTING KENNY COOK ON 0781 260 7425**

**PLEASE BRING THE EXACT MONEY TO THE CLASSES AS NO CHANGE WILL BE GIVEN**

**There is an access price of £2.50 for SD classes.**

**For information regarding this please use the contact details below.**

*If you require further information please contact Kenny Cook, Active Communities Officer on  
01259 452334, mobile 07812607425 or e-mail [kcook@clacks.gov.uk](mailto:kcook@clacks.gov.uk)*

***NEW CLASSES WILL BE ADDED IN THE COMING MONTHS.***

***PLEASE CONTACT KENNY COOK FOR MORE INFORMATION (Details shown above)***

***SD = Sports Development***

***NHS= National Health Service \*\* 1st four classes FREE***

**Contact**

✉ [sportsdevelopment@clacks.gov.uk](mailto:sportsdevelopment@clacks.gov.uk)

☎ 01259 452350

🐦 @activeclacks

# Physical activity referral programmes in Forth Valley

Speak to your GP, Nurse, Consultant or Physiotherapist if you would like to be referred to one of the physical activity referral programmes that are mentioned in the following pages.



# Active Forth delivered by Falkirk Community Trust

12

Speak to a health professional for referral to this activity programme.

## Criteria for referral

Anyone aged 11+ with the following diagnosis:

- Arthritis
- Cancer Rehabilitation
- Chronic Back Pain
- Chronic Fatigue Syndrome/ME
- Pre-diabetes
- Diabetes (I)
- Diabetes (II)
- Epilepsy
- Falls Prevention
- Fibromyalgia
- Heart Problems
- Hypertension (3+)
- Injury/post rehab surgery
- Mental Health
- Multiple Sclerosis
- Parkinson's
- Osteopenia
- Osteoporosis
- Serious respiratory disorder
- Stroke

If a patient has a condition that is not listed they should talk to their GP about their wish for a referral to be made. Costs £21 per month which gives personal programme, reviews, classes, swimming, sauna and use of all four clubs or £4.65 pay as you go.

[www.falkirkcommunitytrust.org/fit-and-active/active-forth/](http://www.falkirkcommunitytrust.org/fit-and-active/active-forth/)

Active Forth is a six month physical activity referral programme in the Falkirk area. It offers programmes tailored specifically to the patient's medical condition. Patients can attend any class and the gym, at any time, once their programme is devised.

- 24 week tailored gym programme, written by a qualified exercise specialist.
- 30 minute first consultation (free).
- Second appointment where a physical activity programme is devised in one of the 4 gyms.
- Swimming access.
- Step Forth volunteer lead walks (26 walks Monday - Saturday ~ free).
- Classes (circuits, strength and balance, OTAGO, aqua-gym, back rehab and spinning).
- Groups (supervised sessions).
- Regular reviews.
- 12 week review where progress is fed-back to the patient.
- Follow-up at 24 weeks ~ a celebration of the patient completing the programme.

# Active Living for Life delivered by Active Stirling

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Speak to a health professional for referral to this activity programme.

## Criteria for referral

- Age 16 years or over.
- Currently not managing to achieve the recommended 150 minutes a week of physical activity, and have not done so for the last 6 months.
- Has a diagnosed medical condition.

Costs £51 up front at the start or pay as you go which costs £20 to sign up then £2 per visit to the facilities (excluding appointments with their instructor).



- 12 weeks of professional, individualised, support, advice, instruction, guidance and encouragement to become more active.
- A personalised activity programme designed to suit your needs and your ability.
- Regular contact with your own qualified fitness instructor with a minimum of 4 appointments throughout the programme to discuss your individual programme and goals.
- Discounted access to Active Stirling leisure facilities.
- Information and advice on how to increase your physical activity levels within your daily routine.
- Coaching, advice and direction on how to maintain physical activity as an essential part of your lifestyle and what opportunities are available to you within your local community, to ensure that the changes last beyond the 12 week programme.
- Ability to attend classes that are available only to members of the Active Living for Life scheme.

# Physical activity referral programmes in Clackmannanshire

14

Speak to a health professional for referral to this activity programme.

This is delivered by Clackmannanshire Council Sports Development.

## Criteria for referral

- Age 16 years and over.
- Anyone who wants to try exercise to improve their health.

A personalised activity programme designed to suit your needs and your ability.

Ability to attend classes including lower limb classes.

Cost per class is £4.70 full price or £2.50 access price (for unemployed people or people aged 60+).

The lower limb classes are free for the first 4 weeks and £2.50 after that.

If someone is really struggling to pay the full price their circumstances would be considered to perhaps enable them to pay the access price.

People can attend for as long as they want.



# Macmillan Move More

15

Speak to a health professional for referral to this activity programme.

Macmillan Move More Forth Valley is part of Macmillan Cancer Support's national campaign to ensure that people living with cancer are supported to become physically active, both before, during and after their treatment.

The individually-tailored programme of physical activity support is designed to help people with cancer to become, and stay, active at a level that's right for them.

That could mean gardening, joining a walking group or taking part in Gentle Movement classes or more traditional supervised gym-based programmes. Move More is about providing opportunities for people to get moving in an enjoyable way that suits their lifestyle.

There are currently four programmes to choose from, all of which have been designed specifically for people affected by cancer:

## Gentle movement

Takes you through a range of exercises which incorporate breathing techniques and mindfulness, led by qualified volunteers. The exercises are designed to get you moving but also provide you with an opportunity to relax. All the exercises can be done seated or standing.

## Walking groups

Led by a trained volunteer, these groups are low level, short, sociable walks which can be adapted to suit the participants. We have two types of walks. Cancer specific Walks and Macmillan Friendly walks.

## Circuits-based exercise classes

These classes are delivered by fitness instructors with specialist cancer and exercise training. All classes are supported by volunteers.

## Gardening groups

These are led by volunteers and provide participants with the opportunity to get active through gardening.

Activities can include developing floral and sensory garden displays or growing your own fruit and vegetables to harvest and take home to enjoy. Raised beds are utilised for ease of access and green fingers are not required.

Aimed at individuals aged 16 years+ who have been diagnosed or are living with Cancer, who would benefit from increased levels of physical activity and exercise. It is free and for 12 weeks.



We are happy to consider requests for this publication in other languages or formats such as large print or Braille.

**Contact 01324 590886,**

text **07990 690605,**

fax **01324 590867**

or email [fv.disabilitydepartment@nhs.scot](mailto:fv.disabilitydepartment@nhs.scot)

For all the latest health news visit [www.nhsforthvalley.com](http://www.nhsforthvalley.com)

follow us on [@NHSForthValley](https://twitter.com/NHSForthValley)

or like us on at [www.facebook.com/nhsforthvalley](https://www.facebook.com/nhsforthvalley)



With thanks to the Leaflet Task Group for their review and input to this patient resource.

**Produced by: NHS Forth Valley, Health Promotion Service - December 2021**

