ASK.
ADVISE.
ACT.

WE ARE MACMILLAN.
CANCER SUPPORT

MAKE A DIFFERENCE
IN JUST 60 SECONDS
‘Do you know there’s evidence that physical activity can benefit people affected by cancer in many ways?’

‘Benefits include strengthening your muscles, joints and bones, looking after your heart, improving your mood and quality of life as well as helping maintain a healthy weight. It can also help to reduce tiredness and help you sleep better.’

‘It’s ok to start slowly, at a level that’s right for you in an activity that you enjoy and build up gradually.’

‘Would you like more information? Visit macmillan.org.uk/physicalactivity or call the Macmillan support line on 0808 808 0000’