

## WHAT NEXT STEPS AIMS TO DO FOR YOU

- Improve strength and mobility
- Increase energy levels
- Strengthen core muscles and improve posture
- Reclaim body confidence and control
- Reduce treatment related side-effects
- Improve stamina and fitness
- Improve breathing and reduce stress
- Help you to integrate regular exercise into your life
- Allow you to laugh, relax and have fun
- Connect with other people on a similar journey to you

**“THERE'S NOTHING 'ALTERNATIVE' ABOUT EXERCISE AS MEDICINE. THE BEST SCIENCE WE HAVE SAYS BEING PHYSICALLY ACTIVE IMPROVES BOTH QUALITY OF LIFE AND LONGEVITY IN PEOPLE RECOVERING FROM CANCER TREATMENT”**

*Louise Parker,  
Cancer Rehab Physiotherapist and  
co-founder of Next Steps*



## LEARN TO LIVE WELL

Your Cancer Rehab Physio will guide, support and encourage you through each Next Steps class. They will adapt exercises within each class to suit your individual needs.

The classes can be started at any level of fitness as the periods of exercise and rest are adapted as fitness, strength and stamina improve. Each session finishes with a yoga relaxation sequence to restore a sense of calm and confidence, and includes an opportunity to reflect on your journey and be inspired by your own progress. Next Steps benefits participants whether they attend one week or 10 years after their cancer treatment.



## WHY IS EXERCISE IMPORTANT FOR PEOPLE AFTER CANCER TREATMENTS?

Cancer treatments commonly cause many people to develop unwanted side effects which can lead to significant negative impacts on quality of life.

Acknowledging that the struggle continues after treatments have ended and supporting people recovering throughout this period is an essential part of the Next Steps program.

Research shows that being physically active is a very important component in your recovery from cancer and the effects of its treatment, including fatigue. Our experience has shown that people who are supported to return to exercise are likely to enjoy it and benefit greatly, often setting themselves new fitness goals. For some people this even provides the motivation to achieve goals they had never previously considered!

Next Steps is an enjoyable way for you to give your health the priority it deserves!

**NEXT STEPS IS A SAFE AND SUPPORTIVE WAY TO GET BACK INTO EXERCISE**

*“100% felt exercising in a group with others who have a cancer diagnosis was more beneficial and that they felt more confident to continue exercising than they did before participating in the Next Steps programme.”*  
-Next Steps Group Feedback



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**NEXT STEPS**  
ENHANCING RECOVERY

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