



# Move On

a medically supervised exercise programme for breast and colo-rectal cancer survivors

a DCU Sport / Beaumont Hospital / Mater Hospital collaboration

Many people survive cancer and resume a normal lifestyle. Some become healthier than ever. Exercise during the early recovery phase can play a major role in restoring confidence and energy and may also improve long term outcome

## Move On

is a medically designed and supervised 3-month exercise programme based in DCU Sport, developed to cater for people recovering from **breast and colo-rectal** cancer.

Participants will be encouraged to become fit in a friendly and safe environment. Classes take place twice weekly in DCU Sport and a home exercise programme will also be provided and monitored

**Medical Director: Dr Noel McCaffrey**

For Information tel: 01 7008467 or visit [www.dcu.ie/dcusport](http://www.dcu.ie/dcusport) or speak with a member of your oncology team

Participants will attend for

- **baseline (and repeat) assessments** of fitness / wellness
- **enjoyable exercise classes** (2 / week for 3 months) with
  - medical supervision / monitoring
  - a casual and really friendly atmosphere
- **educational seminars** on topics such as
  - healthy eating
  - goal setting and behaviour change
  - exercise after cancer
  - lymphoedema

DCU Sport has excellent facilities and a staff with the experience, enthusiasm and expertise to assist people with various illnesses to take part in regular exercise, to become fitter and healthier and to enjoy an active life

### Cost

€7 / session

€6 / session with medical card

€45 / month

€40 / month with medical card

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