

Salford Community Leisure employs a team of friendly, highly qualified exercise professionals, who provide specific health related advice and activities to Salford residents, working with clients who have various health conditions.

We work in close partnership with health professionals in Salford, in particular GPs, Cardiac Rehabilitation, Pulmonary Rehabilitation, Falls Prevention and the Health Improvement Team. Together we have supported more than 4,000 clients over the past five years to take part in regular physical activity to help people improve their overall health and wellbeing.



The 12 week structured exercise programme includes a **FREE ONE MONTH SCL ALL INCLUSIVE MEMBERSHIP**, which will give you access to 8 gyms, 6 swimming pools & 150 exercise classes per week at leisure centres across Salford.

For more information visit:
salfordcommunityleisure.co.uk/be-active



CAN-Move

AN EXERCISE REFERRAL PROGRAMME
FOR ANYONE LIVING WITH OR
BEYOND CANCER



salfordcommunityleisure.co.uk/can-move



The Can-Move Programme is a Physical Activity and Exercise Referral Programme for anyone with a Salford postcode or Salford GP, who is living with or beyond cancer.

The Programme is delivered by exercise specialists from The Active Lifestyles Team, working closely with Salford Royal Hospital, Salford Primary Care Networks & Community Groups.

The Can-Move Programme includes:

- Exercise in a relaxed atmosphere, delivered to you individually or in a group setting, with plenty of support & encouragement from peers and instructors
- Face to face and online support available
- Includes supervised gym sessions and specialist Can-Move Circuit Classes
- Wider activities of Salford Wellbeing Walks, Gardening, Tai Chi, Yoga, Pilates and Swimming
- Patient led, tailored and supported programme of prescribed exercise/activity
- Opportunity to exercise in a Salford Community Leisure Centre nearest to you



When you are living with cancer or have been previously diagnosed with cancer, being physically active can help you make a positive change to your life.

You may be a little nervous about building up your activity levels, particularly if it's for the first time or if you haven't been active for a while, but we will be there to support you. Remember any amount of physical activity is better than none.

For more information or to self-refer to the programme please email active.lifestyles@nhs.net or call 0161 778 0540 / 0161 778 0577.



Studies have shown that being active during and after treatment can:

- Reduce impact of treatment side effects
- Help to reduce risk of recurrence of cancer
- Manage fatigue and increase energy levels
- Manage lymphoedema
- Improve mood and wellbeing
- Look after your bones
- Maintain a healthy weight
- Improve Cardiovascular health/strength/mobility

'This is a fantastic programme run by a team of friendly, supportive, helpful people, that understand how to help people with cancer exercise safely, and it's fun!'