



MOVE MORE - HOME HACKS FOR STAYING ACTIVE!

Physical Activity might be the **last** thing on your mind at the moment, but it's **really important** to stay active following a cancer diagnosis or when we are recovering from cancer and its treatment. Not only can it **help to reduce fatigue**, but it can also **help to make you feel better, mentally and physically**.

So how can we MOVE in a fun way with things we already have at home?



FOR THE YOUNG SPARKS:

- **Living room or garden obstacle course** - cushions, chairs, blankets, flower pots, trees, the opportunities are endless! See what you can find and create a big obstacle course for the whole family to race around.
- **Sock toss** - roll up your socks and see how many out of 10 you can throw into the laundry basket! Too easy? Move it further away!
- **Tightrope walk challenge** - pop a book on your head, pick a straight line and try to balance the book as you walk all the way down the line.
- **Bowling** - Help the planet and repurpose plastic bottles into a bowling game!
- **Toilet paper stacks** - make a tower and either limbo between them or jump over it as tall as you can!



FOR THE LIFELONG MOVERS:

- **Vacuum dance party**
- **Laundry squats** - a squat every time you pick up a new garment!
- **Counter push ups** - while you wait for the kettle to boil
- Wall sits or a plank in a **TV ad break**.
- Fill a **backpack** and do some exercise with the extra weight.
- **Chair fitness** - tricep dips, leg lifts, step ups - take care!



Always check with your clinical team before starting any new type of physical activity to ensure it's safe and appropriate for your individual situation, especially if you have had surgery, lymph node removal or are at risk of lymphedema.



Any questions or anything we might need to adapt for you please don't hesitate to send an email to Anna at annalouise.powell@movecharity.org



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