









MOVE Mentor Resource

Benefits of Movement



BENEFITS OF EXERCISE FOR PEOPLE IMPACTED BY CANCER:

-  Reduces cancer-related fatigue
-  Reduces risk of recurrence
-  Reduces treatment side-effects
-  Boosts energy and improves quality of life
-  Improves fitness and physical conditioning
-  Reduces stress, depression and anxiety
-  Builds confidence and increased self-esteem
-  Builds friendships and it's fun!