



# MOVE AGAINST CANCER.



Our vision is for every single person impacted by cancer to be able to live an active and fulfilling life.



Find out more at [moveagainstcancer.org](https://moveagainstcancer.org):



 [info@movecharity.org](mailto:info@movecharity.org)

 [@moveagainstcancer](https://www.youtube.com/moveagainstcancer)

 [@MoveAgainstCancer](https://www.facebook.com/MoveAgainstCancer)

 [@MOVEcharity](https://twitter.com/MOVEcharity)

 [@moveagainstcancercharity](https://www.instagram.com/moveagainstcancercharity)

Our three areas of work:



## 5k Your Way

A cancer support group with a difference. Our 120+ groups meet at designated parkruns and participants can walk, jog, run, cheer, volunteer or have coffee and a chat.









## The MOVE programme

A bespoke online movement programme for 13-30-year-olds with cancer, run by our Level 4 cancer rehab specialists and informed by the needs of the young people themselves.

## Movement Hub

An information hub full of movement videos, inspiring blogs, informative workshops, a thought-provoking podcast and resources to engage your community.

## The benefits of movement 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!

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