



# **GET ME BACK: MOVEMENT SNACKS**

**SHORT, SUPPORTIVE MOVEMENT SNACKS TO HELP YOU  
STAY ACTIVE THROUGH EVERY STAGE OF CANCER  
TREATMENT.**

# HOW TO USE THIS PROGRAMME

**HERE'S YOUR WEEKLY PLAN OF GENTLE, VARIED 'EXERCISE SNACKS'. EACH DAY INCLUDES ONE SIMPLE MOVEMENT TO DO AT A TIME WHENEVER YOU MAKE TEA OR TAKE A SHORT BREAK. WE ALSO RECOMMEND A DAILY WALK OR TIME OUTSIDE.**

**THESE SMALL, REGULAR BURSTS OF MOVEMENT WILL HELP BUILD STRENGTH, SUPPORT RECOVERY, AND IMPROVE ENERGY LEVELS. SUPPORT THIS WITH GOOD PROTEIN INTAKE FOR REPAIR AND SLEEP FOR RECOVERY.**

**IF A DAY FEELS TOO TIRING, CONSIDER SWAPPING TO A SEATED VERSION OR TAKING A REST — CONSISTENCY IS MORE IMPORTANT THAN INTENSITY.**

**RECORD HOW YOU'RE FEELING IN THE WEEKLY TABLE. SCORE YOUR FATIGUE LEVELS AT THE START AND END OF EACH DAY OUT OF 10, (WHERE 10 IS EXTREMELY FATIGUED AND 0 IS HIGH ON ENERGY). THIS WILL HELP US UNDERSTAND THE IMPACT OF YOUR EXERCISE PRESCRIPTION.**

**PLEASE ENSURE YOU HAVE SIGN-OFF FROM YOUR MEDICAL TEAM BEFORE TAKING PART**



# WEEKLY EXERCISE SNACK TIMETABLE



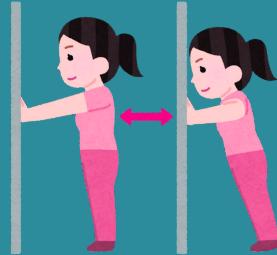
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH EXERCISE SNACK	SQUAT OR SIT TO STAND X 8-10	WALL PRESS UPS X 8-10	KNEE EXTENSIONS X 8-10 ON EACH LEG	SIDE LEG LIFTS X 8-10 ON EACH LEG	BANDED ROWS (STANDING OR SEATED) X 8-10	BALANCE ON 1 LEG FOR UP TO 30 SECONDS ON EACH LEG	MARCHING FOR 30 -60 SECONDS
DAILY WALK OUTSIDE (10 MINS+)							
FATIGUE SCORE (/10)							
DAILY PROTEIN INTAKE (G)							
HRS ASLEEP							

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**SQUAT**



**WALL PRESSUPS**



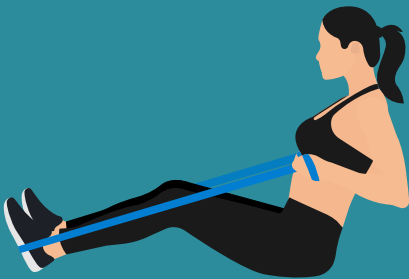
**KNEE  
EXTENSIONS**



**SIDE LEG LIFTS**



**BANDED ROWS**



**BALANCE**



**MARCHING**



**STRETCH**

