Virtual Moving On Up Exercise Group Information

Welcome to the Cancer Rehab Team virtual exercise class. There are many physical and psychological benefits to exercise including:

- Strengthening muscles and bones
- Keeping the heart and cardiovascular system healthy
- Reducing fatigue
- Improving mood and reduces anxiety and depression
- Reducing side effects from cancer treatments
- Helping to maintain a healthy weight

What to expect

The session is on **Mondays at 1.15pm** and will be approximately **45 minutes** including a short warm up and cool down and delivered on the platform Microsoft Teams by Physiotherapists. There will be 10 exercises to work through and you will be doing each exercise for 90 seconds. We will demonstrate the exercise and you will be able to follow what we are doing throughout the session.

Checklist for attending

- ✓ Make sure you have enough space to exercise in and have a clear environment of any trip hazards/ things that may get in the way of you exercising
- ✓ Have some weights/tins of beans/water bottle to use for the strengthening exercises
- ✓ Have any medication that you may need nearby (e.g. inhalers, GTN spray, insulin)
- ✓ Wear comfortable shoes and clothes to exercise in
- ✓ Water to keep hydrated
- ✓ Be aware of potential risks around you and the environment e.g. slippery surfaces/obstacles
- ✓ Please do not take part of you are feeling unwell
- ✓ Remember to eat before exercising and have a snack nearby if needed
- ✓ Complete the questionnaires sent to you and email/post to us before starting the course
- ✓ Let us know if you are unable to attend by calling therapies reception on 01225 821 242 or 821 243 or emailing us
- ✓ Please let us know if there is any change to your medical condition (ruh-tr.cancerrehab@nhs.net)

Exercise Intensity

- It is your responsibility to exercise within your limits. To do this safely and effectively it is advised that you learn and understand the RPE scale on the next stage. This will allow you to monitor your own intensity and communicate effectively with the instructor

- Please report any problems or symptoms straight to the instructors in the sessions

- By reading these guidelines and choosing to sign in to one of the online live classes you understand that you are taking the decision to exercise at your own risk. It is your responsibility to exercise safely and follow the advice given here and during the class. You will be able to see other participants when you enter the virtual class and they will be able to see you.

Rate of Perceived Exertion Scale		
10	Very Hard	Feels almost impossible to continue
9	Hard	Not able to maintain for long
8	Challenging	Breathing rate increases, Feel warmer
7		
6	Manageable	Becoming challenging but you can maintain this intensity. Slight increase in breathing
5		
4		
3	Very Easy	The exercise is causing no exertion & no increase in breathing rate
2		
1		