

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

MPOT™

www.mpot.com.au

CANCER & EXERCISE

Recent research suggests that exercise benefits most people both during and after cancer treatment.

It can help manage some of the common side effects of treatment, speed up your return to your usual activities, and improve your quality of life.

The evidence also shows there is little risk of exercise causing harm if care is taken and professional exercise advice is followed closely. For some cancers, exercise may even improve treatment outcomes.



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WHY EXERCISE?

Exercise not only helps with general fitness but other benefits can include reducing:

- Duration of hospitalisation
- Psychological and emotional stress
- Depression and anxiety
- Pain, fatigue and nausea

One of the MPOT/Access Fitness accredited exercise physiologists can assist you with finding the correct exercise program for your diagnosis. They will discuss your goals with you and address any identified barriers.

TAKE THIS OPPORTUNITY TO REGAIN YOUR QUALITY OF LIFE

- SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)
Clients with Third Party / Compensable Claims - including
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability