



DON'T LET CANCER BEAT YOU

Start the fight back now with the
Tri-Active Exercise Project

Join now for free
Exercise sessions held in Poole Park BH15 2SE

Just turn up at one of our weekly sessions

Our weekly programme comprises three separate activities from 11am to 12pm:

Monday – Green Gym Session

Tuesday – Guided Walk

Thursday – Green Gym Session

Friday – Pilates

**No need to book
– just turn up!**

(Meet by the Ark Café 10 minutes before each session begins)

*Indoor facilities are available in the case of poor weather conditions

Everyone of all ages and abilities are welcome





New research has shown that exercise is not only safe and possible during cancer treatment, but it actually improves your quality of life, physical function and psychological health.

[Cancer.Org]

Regular exercise helps during cancer treatment by:

- Improving blood flow and reducing the risk of heart disease
- Building greater self-esteem and lowering the risk of being anxious and depressed
- Improving quality of life
- Keeping muscles from wasting away due to inactivity
- Improving balance and lowering the risk of broken bones
- Helping control weight gain and lessening the symptoms of fatigue

For further information please contact us:

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