Move More Borders
Expert support to get you moving

LIVING WITH CANCER?
WE'LL HELP YOU
## GET ACTIVE

WE ARE MACMILLAN. CANCER SUPPORT

If you're living with cancer and beyond in the Borders, Macmillan's free Move More programme is here to help you get and stay active. Our professionals really understand cancer and can create a **physical activity programme tailored just for you**, as well as give you ongoing support.

We'll ask you a few questions, listen to what you have to say and then support you in making physical activity a part of your life. And it doesn't matter if you've never been a particularly active person. We run classes for all abilities and even activities such as gardening or walking could be part of your programme.

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control. It can help you prevent and manage some of the effects of treatment, such as fatigue, depression and risks to your heart health. And lots of people tell us that it helps them to feel more like their old self.

What's more, Move More Borders classes are open to everyone, whether you're going through treatment or have long finished. You can even bring along a friend, relative or carer. And they're a great place to meet others with similar experiences and to share your support, as well as to help one another stay positive and keep active.
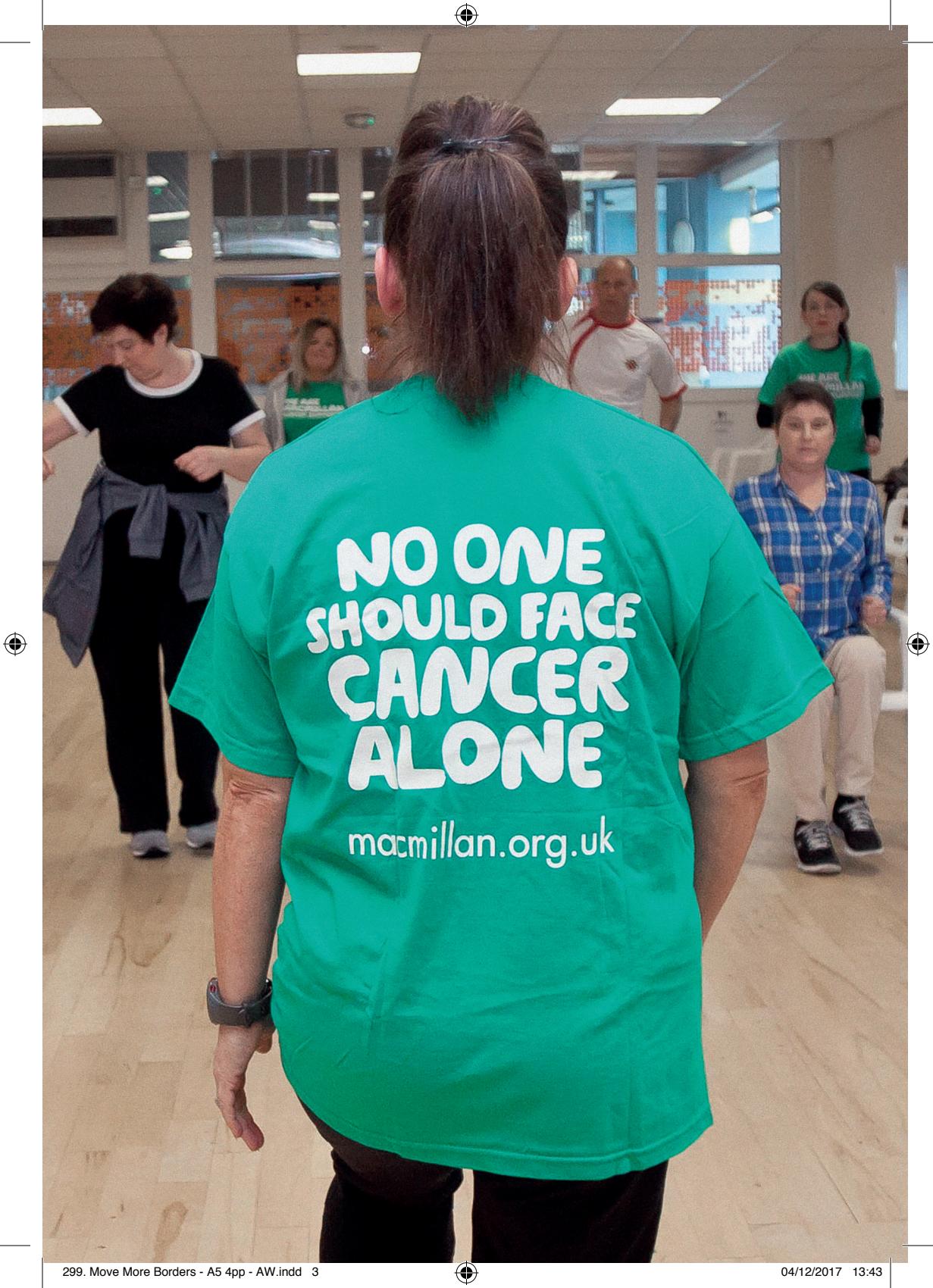
NO ONE
SHOULD FACE
CANCER
ALONE

macmillan.org.uk

To start getting more active today,
call our Move More Development Officer
for a chat on **01896 661166** ext **311**
email **movemore@liveborders.org.uk**
or visit **www.liveborders.org.uk/movemoreborders**
for more information

No one should face cancer alone.
For support, information or if you just
want to chat, call Macmillan free on
0808 808 00 00
(Monday to Friday, 9am to 8pm)
or visit **macmillan.org.uk**

Together with Macmillan

LIVE BORDERS
FITNESS & HEALTH

NHS Borders

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).