



# MOVE4YOU

CANCER PHYSICAL ACTIVITY PROGRAMME

Tottenham Hotspur Foundation MOVE4YOU programme, is delivered in partnership with Macmillan Cancer Support and the Big lottery fund. MOVE4YOU (formerly known as ACE) offers a 12-session guided physical activity programme, providing ongoing support for 12 months, led by our specialist activity instructors.

**MOVE4YOU is tailored to each individual, supporting people of all abilities to engage with a variety of activities to help you move more during and after treatment.**

**Once we have received a completed referral form, signed by a healthcare professional you will be invited to an initial assessment conducted by one of our instructors.**

*\* For those under care with the Royal Free London NHS Foundation, staff can now complete the referral form via the Trust's intranet website.*



## Why should I join MOVE4YOU?

Moving more and keeping active can have a very positive impact on your health and wellbeing. Research shows that there are many benefits of physical activity at all stages of the cancer care pathway.

- Reduced tiredness and fatigue
- Pain relief and improved flexibility
- Improved mood and wellbeing
- Improved bone health and a reduced risk of osteoporosis
- A balanced healthy weight
- Improved general fitness

## Who can take part?

Anyone aged 18+ with a cancer diagnosis in the last five years, who lives in or has access to healthcare in Barnet, Enfield, Haringey or Islington.

## Where does MOVE4YOU take place?

Sessions are mainly based at:

**Barnet** - Copthall Leisure Centre

**Enfield** - Southbury Leisure Centre

**Haringey** - Tottenham Green Leisure Centre

Exercise classes are also delivered from **Barnet** and **Whittington** Hospital.

## We will support you to find local opportunities to move more and get active every day, such as:

- Walking for Health groups including the Chase Farm and Highgate Walk delivered by the Foundation.
- MOVE4YOU chair based class at Chase Farm Hospital
- Active Travel cycle sessions
- Walking football
- Local outdoor gyms
- Dance, Yoga, Pilates



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