



ST GEORGE'S CANCER CARE CENTRE

An Unincorporated Joint Venture between St George's Hospital
(No 3) Limited and Southern Oncology Associates Limited

Exercise Classes for men: Information Sheet

How can exercise help?

Group based exercise classes have been shown to improve cancer patients' physical and psychological functioning both during and after treatment. It does this through helping to maintain body weight, body composition, improve fitness, strength, quality of life, and lower levels of fatigue, pain and depressive symptoms.

What will the classes involve?

- 1 hour classes held on Tuesdays and Thursdays
- A mixture of weights, aerobic and stretching exercises

What should I wear and do I need to bring anything?

- Wear clothes that are comfortable to move around in
- Wear comfortable shoes i.e. sneakers
- Bring a water bottle

How much will it cost?

- The classes are supported and subsidised by the St George's Cancer Institute Trust but we ask you to pay \$ 7 per class (\$35 for 5 classes concession card)

Please let one of the Cancer Care staff know if you would like to attend:

Contact: 03 375 6100