

Physical Activity – Macmillan resources

**WE ARE
MACMILLAN.
CANCER SUPPORT**

The following resources are available on be.macmillan.org.uk for you or your patients to order. Simply register to order the free information you need.

Resources for people affected by cancer:

Move More pack



This pack includes; a physical activity and cancer treatment leaflet, an activity diary and our getting started booklet.

Order code: **MAC13314**

Get Active, Feel Good exercise DVD



In this exercise to music DVD, cancer and fitness expert Dr Anna Campbell, guides you through three exercise plans to complete at home.

Order code: **MAC14016**

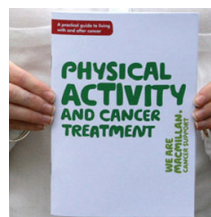
Gardening as a way to keep active



This short leaflet outlines how gardening can help you keep active during and after cancer treatment.

Order code: **MAC14169**

Physical activity and cancer treatment



This booklet is written for people living with or after cancer who want to know more about the benefits of being physically active.

Order code: **MAC12515**

Walk this way – Walking for Health leaflet



This leaflet is a short introduction to the benefits of walking and Walking for Health.

Order code: **MAC14290**

You can also design bespoke Walking for Health posters and flyers for your local area at be.macmillan.org.uk/wfh

Resources for healthcare professionals:

Move More: physical activity the underrated wonder drug



This report examines the evidence which shows that physical activity can significantly help improve cancer patient outcomes.

Order code: **MAC13315**

Walking Works report (HSCP version)



This report provides an overview of the research into the problems caused by inactivity and how walking can help to overcome these.

Order code: **MAC15014**

Interventions to promote physical activity for people living with and beyond cancer



This review provides commissioners and health professionals with an overview of the evidence for interventions to promote physical activity among people living with and beyond cancer, and guidance on integrating physical activity into the cancer care pathway.

Order code: **MAC13821**

The importance of physical activity: a concise review



This review provides commissioners and health professionals with an overview of evidence for integrating the promotion of physical activity within the cancer care pathway.

Order code: **MAC13820**

Online tools

The following resources are available for you to download at [macmillan.org.uk/physicalactivityresources](https://www.macmillan.org.uk/physicalactivityresources)

- Move More: marketing activity to cancer survivors
- Cancer and Physical Activity Standard Evaluation Framework
- Move More pack
- How to use the Move More pack for healthcare professionals
- Move More: physical activity the underrated wonder drug
- The importance of physical activity for people living with and beyond cancer: a concise evidence review
- Interventions to promote physical activity for people living with and beyond cancer: evidence-based review
- Walking Works report (full and summary reports)

Questions about physical activity and cancer? Email us at physicalactivity@macmillan.org.uk or follow us on twitter [@MacMoveMore](https://twitter.com/MacMoveMore)

Questions about living with cancer? Call the Macmillan Support Line free on **0808 808 00 00** or visit [macmillan.org.uk](https://www.macmillan.org.uk)