

Active Beyond Cancer

Building your fitness after cancer treatment

Have you
been affected
by cancer?

Struggling
with
fatigue?

Not as active
as you used
to be?

Leeds Rhinos Foundation and Yorkshire Cancer Research are pleased to launch new dates for the **Active Beyond Cancer Programme**, aimed at helping you build your fitness after diagnosis. For more information or to register your interest email: health@leedsrhinosfoundation.org

FREE 12-week Health and Fitness Exercise Programme

What you will achieve:

- ✓ Reduced fatigue
- ✓ Increased physical activity levels
- ✓ Improved health and well-being
- ✓ Build lean muscle mass
- ✓ Reduced body fat
- ✓ End of programme physical activity support
- ✓ Varied weekly physical activity sessions
- ✓ Peer support



Women Only Armley Leisure Centre, LS12 3HB
 Wednesday's 1.00–2.30pm

Mixed Gender Fearnville Leisure Centre, LS8 3LF
 Thursday's 1.00–2.30pm

Mixed Gender Rothwell Leisure Centre, LS26 8EL
 Thursday's 4.30–6.00pm