

Exercising Safely at Home

Supporting people with cancer to take back control of their health and wellbeing.

Visibility and Privacy

Welcome to our online exercise community! Remember, with your camera on, you're visible to the teacher and fellow attendees, enhancing the interactive experience. If you prefer to keep your camera off, please note that the instructor won't be able to provide personalised cues on your form and technique. We recommend keeping your camera on for the best experience, but the choice is yours!

Health & Safety Instructions

Your Responsibility

- **Create Your Safe Space:** Ensure your exercise area is spacious, free from tripping hazards, and obstacles, including pets. This is your time—make it safe and enjoyable!
- **Equipment:** Use a non-slip mat and ensure your equipment is in good condition.
- **Dress for Success:** Wear comfortable clothing and appropriate footwear, or go barefoot if it suits the exercise.

"Exercise is safe for the majority of people with cancer and other health conditions. Our classes give you the confidence to move your body, reduce side effects and optimise your recovery. Movement is key to reducing fatigue, pain as well as anxiety and depression."

Emily (Physical Activity Lead)

During the session

- **Follow the Instructor:** Adhere to the safety guidelines provided by your instructor. They're here to guide you safely through your practice.
- **Listen to Your Body:** Choose levels and modifications that suit your current physical and mental condition. You know your body best!
- **Stay Hydrated:** Keep water nearby and take sips as needed.
- **Warm-Up and Cool-Down:** Always start with a warm-up and end with a cool-down to prevent injuries and aid recovery.
- **Pause if Needed:** If you feel pain or discomfort, stop immediately. Consult a healthcare professional if necessary.

If you have any queries please contact us at movement@pennybrohn.org.uk

