


## Empower - Menopause and Cancer Survivorship Pathway

### Lifestyle Supports: Exercise

#### Resources

**ARC Cancer Support Centres** provides a variety of online [weekly wellbeing classes](#) that include Yoga and Pilates and Yopalates. To register for any support with ARC, or to find out more about these classes, please email us on [info@arccancersupport.ie](mailto:info@arccancersupport.ie).

 In addition, take a look at the exercises videos on the Resources section of [ARC website](#). You can follow along with Pilates with Andy, Yoga with Connie, and Home Exercises with Shane. There are several educational videos on exercising after a cancer diagnosis.

**PERCS** is a research project funded by the Irish Cancer Society and run by a team based in the Trinity St James's Cancer Institute. Through PERCS, we will run and evaluate a new exercise rehabilitation triage and referral system for people who have completed cancer treatment in St James's Hospital. The aim of the rehabilitation and referral system is to help people who have had cancer to become more active and improve their overall health.

There are great supports on this website, open to everyone, you can search the services directory for exercise programmes and clubs near you.

<https://cancerrehabilitation.ie/>

**Strides for Life walking programme.** Strides for Life leads participants through a very general and structured programme to improve their fitness through walking. It is very gradual and accessible for anyone who is looking to start exercising. It is individualized for everyone's individual fitness levels. The link takes you to information about the programme and to learn more you can call or email them. Email: [cancernurseline@irishcancer.ie](mailto:cancernurseline@irishcancer.ie) Phone: 1800 200 700  
<https://www.cancer.ie/about-us/about-the-irish-cancer-society/how-we-work/community-partnerships/support-services-affiliation-programme/strides-for-life-programme>

**Irish Cancer Society** has a chart on this article that lists different aerobic exercises and the benefits of each. The chart is very lengthy and can help people personalize which parts of their body they want to exercise. It includes categories like everyday activities and aerobic exercises they can try.  
<https://www.cancer.ie/cancer-information-and-support/cancer-prevention/physical-activity-and-cancer>

In addition, take a look through this page on the ICS website for lots of videos on [Home exercises for cancer patients and survivors](#) | [Irish Cancer Society](#)

**The NHS** provides pictures of step-by-step strength exercises approved for cancer patients. Each exercise has not only pictures, but step by step directions. It includes very simple, accessible exercises like "sit to stand," "mini-squats," and "calf-raises."  
[Strength exercises - NHS \(www.nhs.uk\)](#)

The NHS provides flexibility exercises/stretched approved for cancer patients. The webpage is very similar to the link above. It provides pictures and instructions for each exercise.  
[Flexibility exercises - NHS \(www.nhs.uk\)](#)

This is a source listed on a **ThisisGO** webpage on menopause about maintaining a healthy lifestyle from the Women's Health Concern. It contains short paragraphs on different topics like alcohol, healthy eating, exercise, and hydration. There are lots of helpful tips for each category.

<https://www.womens-health-concern.org/help-and-advice/lifestyle/lifestyle-management/>