

Why walk?

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Walking and cancer



Produced by Macmillan Cancer Support on behalf of Walking for Health

Following a cancer diagnosis, getting more active can make a positive change to your life. Walking is safe both during and after most types of cancer treatment. It has lots of benefits including strengthening your bones and heart, reducing body fat, improving mental health, and reducing lymphedema and fatigue.

Reducing the amount of time spent resting or sitting can help prevent blood clots, reduce muscle wasting and improve your mood. So you could start by taking short walks with regular breaks, always walking at your own pace and listening to your body. Then increase gradually over time, setting achievable goals to help you take back control.

"Cheryl, my walk leader, encouraged me to walk which greatly improved my mind-set and fitness when I was recovering from cancer."

Catherine, Walking for Health participant

Any amount of movement can be beneficial, but if you have any concerns about Walking for Health being safe for you, please speak to your doctor or nurse before joining a walk.

Lots of people tell us getting active helps them feel like their old self and walking groups are a great way to meet others. So whether you're being treated for cancer or you're recovering, why not find a health walk near you and join today?

For more information on the benefits of physical activity during and after cancer treatment, click [here](#).

To hear how walking helped Gwenda after she was diagnosed with bladder cancer, read her story [here](#).

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of

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Latest tweets from @healthywalks

- ▶ Were you out walking this weekend? 🐾🐾 If you didn't get the chance, why not join a short group walk this week?... <https://t.co/sgDxTQ9ZbK> — 5 hours 31 min ago
- ▶ People start walking for different reasons, and experience all kinds of physical, mental and social benefits as a result... <https://t.co/4UQ5DD4Spk> — 4 days 4 hours ago
- ▶ RT @RamblersGB: Margot and her son Thomas, joined the Stepping Out Carers' Walks in Kent. Read about how attending these sociable... <https://t.co/lAT7t9YSmO> — 5 days 2 hours ago

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