

# 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](mailto: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



**Mixed Gender    Armley Leisure Centre, LS12 3HB**  
**Wednesday 3rd October, 1.00–2.30pm**

**Mixed Gender    Fearnville Leisure Centre, LS8 3LF**  
**Thursday 4th October, 1.00–2.30pm**

**Mixed Gender    Rothwell Leisure Centre, LS26 8EL**  
**Thursday 4th October, 4.30–6.00pm**