



**Exercise is safe and encouraged during and after treatment. Maintaining moderate intensity exercise built up over time will contribute to enhanced quality of life and can decrease side effects during treatment. Research has shown that it can also increase survival rates by as much as 59% in breast cancer cases.**

### General benefits of maintaining exercise:

- Maintain and improve physical functioning, balance and reduce risk of falls
- Maintain muscle and bone health
- Reduce nausea, fatigue, anxiety and depression
- Improve blood flow to the legs which lowers the risk of blood clots
- Help you to relax and sleep better

*Here are some exercise options specifically aimed at those with a cancer diagnosis:*

### Tauranga Yoga Centre

Tauranga Yoga Centre provides a safe, supportive and fully equipped venue, together with a qualified teacher. Sponsored by Breast Cancer Support Service Tauranga Trust and for women whose lives have been affected by cancer.

‘Hatha yoga’ – uses physical poses, breathing techniques and relaxation techniques to increase strength, flexibility and a sense of wellbeing. A regular practice can assist to reduce fatigue; reduce stress and anxiety; improve sleep and the quality of the breath and life in general. Often, when people are in pain, discomfort, or feeling stressed and mentally burdened, they breathe poorly which can lead to further illness and fatigue.

173 Elizabeth Street West, Tauranga  
Every Friday during term time  
1.00-2.30pm  
Gold coin donation

**P** 022 350 389

**E** [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz)



**TAURANGA YOGA CENTRE**  
Every Body's Yoga

### PINC Cancer Rehabilitation

Dedicated programme to improve the strength, quality of life and sense of wellbeing of women diagnosed with cancer. It is specifically designed to help maximise recovery, regain physical and emotional strength, improve body confidence and control.

*Pinc provider in Tauranga:*

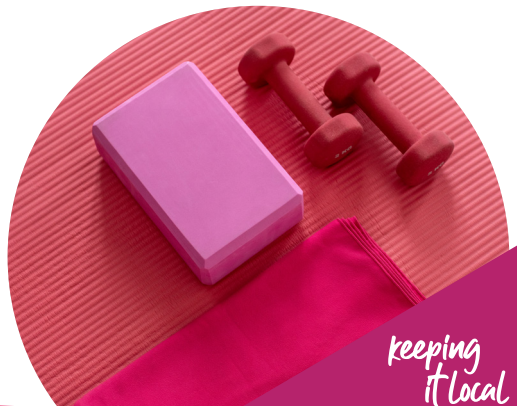


**Body In Motion Physio** work closely with you on whatever aspect of your recovery is important to you and aim to shift the focus from illness to wellness. Treatment may include hands-on physiotherapy; exercise prescription including Clinical Pilates; fatigue management. Suitable at pre-surgery, post-surgery, or even many years down the track.

**P** 07 927 3330

**E** [shannon.fisken@bodyinmotionphysio.co.nz](mailto:shannon.fisken@bodyinmotionphysio.co.nz)

**W** [www.bodyinmotion.co.nz](http://www.bodyinmotion.co.nz)



*keeping it local*

## Katikati Women with Cancer Exercise Programme

Fridays 9.15 til 10.30 at The Club (previously the RSA) located on the corner of Main and Henry Road.

Gentle Thai Chi based exercises for all ages and abilities with morning tea afterwards.

\$2 Gold coin donation

Helen, the teacher has 16 years of experience in Chen style Tai Chi and belongs to the Young Forest Tai Chi school in Tauranga.

**P** Helen Foster 021 0256 8992

## Walk for Wellness

Weekly walking group Mondays 9.30-10.30am for anyone who is affected by cancer. Walks are held at The Mount. Meet by the toilets on the Mall, Pilot Bay (Grace Avenue intersects). No charge for this.

**P** 07 5713 346



## Boobops Dragon Boat Team

The Boobops are a group of keen women, who have survived breast cancer and who make dragon boat racing part of their recovery after treatment. Their focus is to promote wellness, fitness, fun and camaraderie for breast cancer survivors and their supporters. Research has shown that dragon boating can assist in the management of lymphoedema and improving arm mobility post surgery.

The team trains 2-3 times a week during the summer season and are always keen to welcome new members.

**E** boobopsrock@gmail.com

**W** boobops.org

## Still wondering?

If you are unsure what might be right for you or want to talk more about your options you can always call us at Breast Cancer Support Service Tauranga Trust **P** 07 571 3346

“ At the time when you are told you have breast cancer, your head spins and over thinks the problem, it is great to get that phone support right from the start. They were very helpful and were concerned about the way I was feeling, they seemed to know when to ring.

**JUDY TANNER**