

Exercise Oncology

An evidence based exercise intervention delivered by an experienced Exercise Physiologist that reduces the negative effects of cancer related fatigue. A moderate exercise routine substantially increases energy levels, improves mood and improves life quality. We:

- Collaborate with your specialists to ensure quality care
- Prescribe safe and effective exercise
- Provide you with an individualised program
- Enable you to manage your well-being and reduce the negative effects of cancer



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