



# 5k Your Way initiative







# 5k Your Way, Move Against Cancer

WE INVITE ANYONE WHO IS LIVING WITH OR BEYOND CANCER, FAMILIES, FRIENDS AND THOSE WORKING IN CANCER SERVICES TO WALK, JOG, RUN, CHEER OR VOLUNTEER AT A LOCAL 5K YOUR WAY PARKRUN EVENT.

ALL AGES AND ABILITIES ARE ENCOURAGED AND WELCOME.

LOTS OF US WILL BE WALKING.

DO AS LITTLE OR AS MUCH AS YOU WANT, THERE IS NO NEED TO WALK THE WHOLE 5K.

**WHEN:** ON THE LAST SATURDAY OF EVERY MONTH.

**WHERE:** HEAD TO OUR WEBSITE AND CLICK ON THE LOCATIONS TAB TO FIND YOUR NEAREST GROUP AND MORE DETAILS!

**HOW:** REGISTER WITH US HERE: [WWW.5KYOURWAY.ORG/REGISTER](http://WWW.5KYOURWAY.ORG/REGISTER) AND WITH PARKRUN TO GET YOUR BARCODE.  
IT'S FREE!

GET IN TOUCH TO LET US KNOW YOU'RE COMING:



@5kyourway



@cancer5kyourway



@5kYourWayMoveAgainstCancer



[5kyourway.org](http://5kyourway.org)



[info@5kyourway.org](mailto:info@5kyourway.org)



# The benefits of physical activity for cancer patients include

- Decreased rate of cancer progression
  - Improved quality of life (QoL)
- Reduced side-effects and risks during treatment
- Exercise improves symptoms of cancer-related fatigue (CRF)
- Prevents loss of bone mineral density and developing osteoporosis
- Controls body weight and builds lean muscle
  - Eases symptoms of lymphoedema
  - Reduces the incidence of relapse
- Improved overall survival
- Reduces the risk of co-morbidity (e.g other cancers, cardiovascular disease and diabetes).

