



"Many people find the period following active cancer treatment tough and face challenges transitioning back to their everyday lives. They need support to regain their health, and to improve their physical and emotional strength and quality of life.

Next Steps aims to help men and women recovering from cancer to shift their focus from illness to wellness."

Lou James, founder of the PINC and STEEL and NEXT STEPS Programs

YOUR CANCER TREATMENTS ARE FINISHED. WHAT'S NEXT?

Next Steps is a group exercise program for men and women who have finished their main cancer treatment and want to take the next steps on their road to recovery.

The Program runs for one hour per week for ten weeks and is specifically designed to help people affected by cancer. It is suitable after any type of cancer surgery or treatment and accommodates all ages, fitness levels and mobility.

The program is delivered by certified PINC Cancer Rehab Physiotherapists and each class combines the very best pilates, yoga and cardio exercises for improving your health and fitness. Gentle, weekly take-home exercises and stretches are included.



PHYSIO-LED CLASSES AFTER CANCER TREATMENTS

COMBINING THE BEST OF YOGA FOR FLEXIBILITY, PILATES FOR STRENGTH AND CARDIO FOR FITNESS.

Next Steps is one of a number of specialist cancer rehabilitation programs developed by PINC & STEEL International. Visit www.au.pincandsteel.com for more information.



TO ENROLL GO TO:
WWW.AU.PINCANDSTEEL.COM/PROGRAMS/NEXT-STEPS

**NEXT
STEPS**
ENHANCING RECOVERY

PINC & STEEL
INTERNATIONAL
MOVING BEYOND CANCER

**NEXT
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Next Steps is a specialised group exercise program, combining pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help men and women rebuild their strength, flexibility and stamina after cancer treatments.

WWW.PINCANDSTEEL.COM

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WHAT NEXT STEPS AIMS TO DO FOR YOU

- Improve strength and mobility
- Increase energy levels
- Strengthen core muscles and improve posture
- Reclaim body confidence and control
- Reduce treatment related side-effects
- Improve stamina and fitness
- Improve breathing and reduce stress
- Help you to integrate regular exercise into your life
- Allow you to laugh, relax and have fun
- Connect with other people on a similar journey to you

“THERE’S NOTHING ‘ALTERNATIVE’ ABOUT EXERCISE AS MEDICINE. THE BEST SCIENCE WE HAVE SAYS BEING PHYSICALLY ACTIVE IMPROVES BOTH QUALITY OF LIFE AND LONGEVITY IN PEOPLE RECOVERING FROM CANCER TREATMENT”

Louise Parker, Cancer Rehab Physiotherapist and co-founder of Next Steps

LEARN TO LIVE WELL

Your Cancer Rehab Physio will guide, support and encourage you through each Next Steps class. They will adapt exercises within each class to suit your individual needs.

The classes can be started at any level of fitness as the periods of exercise and rest are adapted as fitness, strength and stamina improve. Each session finishes with a yoga relaxation sequence to restore a sense of calm and confidence, and includes an opportunity to reflect on your journey and be inspired by your own progress.

Next Steps benefits participants whether they attend one week or 10 years after their cancer treatment.



**NEXT
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WHY IS EXERCISE IMPORTANT FOR PEOPLE AFTER CANCER TREATMENTS?

Cancer treatments commonly cause many people to develop unwanted side effects which can lead to significant negative impacts on quality of life.

Acknowledging that the struggle continues after treatments have ended and supporting people recovering throughout this period is an essential part of the Next Steps program.

Research shows that being physically active is a very important component in your recovery from cancer and the effects of its treatment, including fatigue. Our experience has shown that people who are supported to return to exercise are likely to enjoy it and benefit greatly, often setting themselves new fitness goals. For some people this even provides the motivation to achieve goals they had never previously considered!

Next Steps is an enjoyable way for you to give your health the priority it deserves!

NEXT STEPS IS A SAFE AND SUPPORTIVE WAY
TO GET BACK INTO EXERCISE

“ALLOWING YOURSELF A FEW HOURS PER WEEK TO MAKE YOUR HEALTH A PRIORITY AT THIS STAGE OF YOUR RECOVERY IS REALLY IMPORTANT. BY FOCUSSED YOUR ENERGY ON GETTING STRONG, YOU WILL ALSO HELP YOUR MIND MOVE INTO A MORE RELAXED STATE”

Natalie Stettler, Yoga teacher and co-founder of Next Steps

