



# BATTLE CANCER PROGRAM

REBUILDING PHYSICAL AND MENTAL  
STRENGTH AFTER CANCER



WHOOP®

NOCCO

BLK BOX

nuzest®

# THE BATTLE CANCER PROGRAM

## WHAT IS THE BATTLE CANCER PROGRAM?

- ▷ **12-WEEKS** of strength and fitness programming designed specifically to aid recovery from cancer.
- ▷ **FULLY FUNDED** to remove barriers of entry for people of all backgrounds.
- ▷ Small, coach-led groups offer **MAXIMUM SUPPORT** through community.
- ▷ Proven to support physical, emotional, cognitive and social **RECOVERY**

## WHO IS THE PROGRAM FOR?

**ANYONE WHO HAS EXPERIENCED CANCER**

and is a minimum of two months clear of treatment.

**ALL LEVELS**

of pre-existing strength and fitness are welcome.

## OUR COACHES & GYMS

The Program is led by our Director of Science & Research,

**DR COLIN ROBERTSON**

an academic researcher, Exercise Physiology PhD, and almost 30 years of experience in clinical and high-performance sports fields.

Coaches are qualified fitness professionals in leading gym facilities across the world. The Program uses

**SIMPLE, ACCESSIBLE MOVEMENTS,**

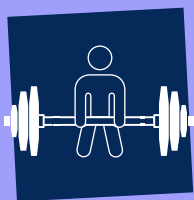
and the coach guides each individual at their own pace, taking into consideration:

- ▷ Specific energy needs and capabilities
- ▷ Any soft-tissue issues associated with surgery
- ▷ Physical abilities and limitations
- ▷ The specific goals that relate to the individual

**20+ LOCATIONS & 300+ PEOPLE SUPPORTED SINCE 2021!**



# OUR IMPACT



**AVERAGE DEADLIFT**  
**INCREASED BY 57%,**  
**HIGHEST 156%**



**AVERAGE SQUAT**  
**INCREASED BY 64%,**  
**HIGHEST 150%**



**AVERAGE STRICT PRESS**  
**INCREASED BY 150%,**  
**HIGHEST 1450%**

Registered Charity Number: 1193909

Our mental health surveys showed an improvement in sleep, routine and overall feelings of self-confidence.

" I loved the experience, especially getting to know the other people on the program because we had something immediately in common. You build faith in each other, solidarity in struggling through the workouts together and build strength and faith in yourself at the same time. Community is everything. "

HEATHER, PROGRAM PARTICIPANT

## HOW CAN I HELP?

There are plenty of ways you can help us!

- ▷ FUNDRAISE
- ▷ MAKE A DONATION
- ▷ SPREAD THE WORD
- ▷ HOST A BATTLE CANCER PROGRAM

FIND OUT MORE

[BATTLECANCERPROGRAM.COM](https://battlecancerprogram.com)

SPEAK TO US

[ABBY@BATTLECANCERPROGRAM.COM](mailto:abby@battlecancerprogram.com)

FOLLOW US

[@THEBCPROGRAM](https://www.instagram.com/thebcprogram)





**BATTLE  
CANCER**  
PROGRAM

THANK YOU

