



Move More Participant Session Exclusion Criteria

- On days of intravenous chemotherapy or within 24 hours of treatment
- Prior to blood draw

Do not exercise if you have any of the following:

- Low blood count due to recent chemotherapy
- Severe sunburn weeping bleeding from any source
- Onset of Bone, Neck or back pain
- Onset of severe or constant headaches
- Unusual sudden muscular weakness
- Recent joint pain or swelling
- Recent dizziness, light-headed or fainting
- Sudden weight loss
- Significant reduction in cognitive status since your last session
- Vomiting or diarrhoea within previous 24-36 hours
- Unexplained Shortness of Breath or chest pain
- An acute Infection
- A high temperature

If you are experiencing any of the above please contact your Cancer Nurse Specialist or alternatively speak to your GP / Practice nurse