



"Many women 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.

PINC Next Steps aims to help women recovering from breast 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. WHATS NEXT?

PINC Next Steps is a group exercise program for 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 women affected by breast cancer. It is suitable after any type of breast 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.



FULLY FUNDED PROGRAM FOR WOMEN WITH BREAST CANCER.

Go to our website www.pincandsteel.com to register for PINC NEXT STEPS in your region.

Call your local provider if you require more information or email info@pincandsteel.com

DETAILS OF YOUR LOCAL PINC NEXT STEPS PROVIDER:

WWW.PINCANDSTEEL.CO.NZ/NEXTSTEPS



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

WWW.PINCANDSTEEL.COM



WHAT PINC 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 women 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 BREAST CANCER TREATMENT”

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

LEARN TO LIVE WELL

Your PINC Cancer Rehab Physio will guide, support and encourage you through each PINC 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.

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



WHY IS EXERCISE IMPORTANT FOR PEOPLE AFTER CANCER TREATMENTS?

Cancer treatments commonly cause many women 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 PINC Next Steps program.

Research shows that being physically active is a very important component in your recovery from breast cancer and the effects of its treatment, including fatigue. Our experience has shown that women who are supported to return to exercise are likely to enjoy it and benefit greatly, often setting themselves new fitness goals. For some women 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!

PINC 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 FOCUSING 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 PINC Next Steps

