



Marie Murphy Health & Fitness
www.mariemurphyhealthfitness.com



Complied with Governance Code: Jan'14
Review of Governance Code: Jan'17

We are delighted to inform you that East Galway & Midlands Cancer Support will be offering the *'Murphy (METs) Programme'* a low to moderate intensity physical activity program to our members January 2016. The *Murphy (METs) Programme* is specifically designed to be safe for people with chronic diseases including cancer, osteoporosis and diabetes. Marie Murphy designed, developed and implemented this program; she is an Exercise & Nutrition Specialist and Former Irish Olympian marathon runner.

The *Murphy (METs) Programme* involves conditioning, strengthening, and endurance phases. Patients are encouraged to exercise at a level that has been determined on an individual basis. The focus of the program is to improve flexibility, balance, co-ordination, mobility, strength, musculoskeletal function, bone density and confidence, in addition to having an impact on cardiovascular fitness, weight management and psychosocial well-being. This program was acknowledged by the American Institute of Cancer Research (AICR) 2012. East Galway & Midlands Cancer Support has licensed the *Murphy (METs) Programme* from Marie Murphy.

We will be holding an information meeting Thursday January 14th 7:30pm at the Shearwater Hotel Ballinasloe. Participants will begin the program Saturday January 16th.

We are very excited to be the first Cancer Support Centre in Ireland to launch the complete *Murphy METs Programme*, and we would appreciate it if you could be there on the night.

Should you have any questions please do not hesitate to contact Jackie at 090 96 42088,

Jacqueline Daly
Centre Manager



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