



FIT TO FIGHT 2021

EXERCISE IS MEDICINE

World Neuroendocrine Tumour Awareness Day

**Brading Youth and Community
Partnership**

Wednesday 10th November 2021 from 3pm

Raising Money for

**The Association for Multiple
Endocrine Neoplasia Disorders
(AMEND)**

At The Old School Cafe

**PLEASE COME AND SUPPORT EMMA,
CAITLIN, GRACIE, CHRISTOPER AND LILY AS
WE FINISH OUR MARATHON**

REFRESHMENTS WILL BE AVAILABLE



FIT TO FIGHT

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Dr Emma Williams shares news about the Fit to Fight campaign...

Who am I?

My name is Dr Emma Williams and I am a mum, a doctor and a patient

I have a rare condition that causes me to produce neuroendocrine tumours. I have recently had major abdominal surgery to remove a cancerous tumour in my pancreas. I recovered quicker than expected, with friends, family and even my surgeon amazed at how quickly I was back to normal.

A couple of years ago, before being diagnosed with cancer I completed a diploma in lifestyle medicine to help improve the health of my patients. I began to practice what I was preaching and over the months that followed I got pretty fit and felt great. I was in the best shape of my life when my cancer was diagnosed. My world was turned upside down and the “fight” to beat cancer was on!

No doubt the excellent care I had made a huge difference to my recovery but my fitness going into surgery played a significant part in my recovery.

My mission; to get the nation fitter and healthier to be ‘fit to fight’.

[Fit to Fight](#)

The benefits of physical activity

Studies have shown physical activity leads to a significant reduction in all cause mortality. More specifically, physically activity improves mental health, reduces your chance of certain cancers, cardiovascular disease, falls, and is helpful in diabetes, obesity and dementia.

The list does not stop here.

Patients who are physically fit prior to cancer surgery tend to have a better recovery. Wesfit is a trial in Southampton looking at prehabilitation in cancer patients offering physical activity and psychological support. There is now the Safefit trial delivering physical, nutritional and emotional advice through virtual sessions to cancer patients throughout the Covid-19 pandemic.

Physical activity is a fundamental intervention of prehabilitation or “prehab” in the lead up to surgery. There is established evidence that prehab is not only shown to be affective in cancer patients but also non cancer patients. Increased functional capacity, decrease depression, reduced hospital length of stay, improved quality of life, reduced complications and increase in physical fitness.

We are what we do

Our genes play an important role in our health but so does our environment and behaviour. Did you know that what we eat and how much physical activity we do affects the way our genes work. So if you get dealt a bad genetic hand, make the most of it by getting fit and healthy!

Let's get the nation fitter and happier. Let's join together and be “fit to fight