

Chemo Club has benefits

OVER Forty Fitness is taking treatment to the treadmill with a new exercise program designed especially for cancer patients.

The Chemo Club is free to anyone over 40 who is currently undergoing, or has recently undergone, treatment for cancer.

Over Forty Fitness owner Gareth Corbett said the Chemo Club aimed to dispel the myth that people with cancer shouldn't exercise.

"The vast majority of people can (exercise)," Mr Corbett said.

"The science has shown that it is very safe and it provides many positive benefits."

However Mr Corbett, who collected the Fitness Retail and Service award at *The Mosman Daily* 2010 Business Achiever Awards last week, cautioned that cancer patients had specific physical needs.

That's why Over Forty Fitness recommended people speak to their treating physician before joining Chemo Club, he said.

Mosman resident and cancer survivor Annette McKay, who joined Over Forty Fitness a year after completing treatment, said

the exercise had "helped her tremendously".

Ms McKay, who works out twice a week, said she had started encouraging other cancer patients, through the CanSupport service at Royal North Shore Hospital, to consider exercising.

Chemo Club runs for an hour every week, and provides peer support and information as well as exercise.

Mr Corbett said cancer patients could attend the free weekly session for as long as they liked, with no obligation to join the gym.

They were also entitled to 10 free gym sessions, which could be used at any time.

All sessions are supervised by accredited exercise physiologists.

Over Forty Fitness will hold an information session on cancer and exercise in Building 11 Crane Crescent, Georges Heights, on November 10. Arrive at 5.45pm for a 6pm start.

» Bookings:
info@overfortyfitness.com.au

— by intern Samantha Bowers



Gareth Corbett works with cancer survivor Annette McKay at Over Forty Fitness.

Picture: DAVE SWIFT

Safari soiree to raise funds

NEUTRAL Bay resident Janece Keller is set to climb 5895m to help fund research looking for a cure for cancer.

Ms Keller will be scaling Mt Kilimanjaro to raise money for Cure Cancer Australia in February next year.

A gala cocktail party will be held on November 13 at Hermann's Bar at the University of Sydney to raise money.

The Safari Soiree promises to be a wild night with authentic traditional African music and dancing, live charity auctions and fantastic raffle prizes, Ms Keller said.

It starts at 7pm and guests are encouraged to wear cocktail or safari wear. The \$60 ticket includes a donation to the cause, food and some drinks.

» Bookings at safari-soiree-for-cure-cancer.eventbrite.com. Donate at gofundraise.com.au/KellerJanece

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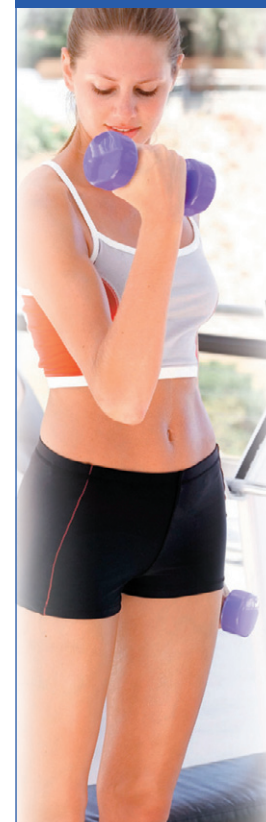
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