



**THE HIGHEST MEDICAL  
REFERRAL RATE OF  
ANY CANCER SUPPORT  
PROGRAMME IN  
NEW ZEALAND**

**READ AND FIND OUT WHY**

# TAKING THE FIRST STEPS ON THE ROAD TO **RECOVERY**

## EXERCISE IMPROVES SURVIVAL RATES FROM CANCER

Exercise is probably the last thing that you or anyone feels like doing after cancer surgery.

It is however increasingly linked with an improved prognosis, improved physical and psychological functioning.

The latest research has found that exercise can help boost the immune system, limit weight gain from chemotherapy, ease treatment side effects and more importantly, improve quality of life.

*“Research showed that women diagnosed with breast cancer have their survival rate doubled if they exercise for an hour a day. Similarly, research showed that with bowel cancer, for those who need chemotherapy, exercise was as powerful as chemo.”*

**Dr Hamish Osborne,  
Academic Convenor for Sport and  
Exercise Medicine,  
Otago School of Medicine**

# LEARN TO LIVE WELL

## 10 PERSONAL SESSIONS WITH A CERTIFIED PINK PILATES PHYSIOTHERAPIST

### PINK PILATES PROGRAMME

Pink Pilates provides a full range of services designed to look after women who are recovering from cancer surgery or cancer treatments.

Pink Pilates is dedicated to helping women diagnosed with cancer regain physical strength, improve body confidence, regain a sense of control, and incorporate exercise into their lifestyle.

The Pink Pilates programme is a 10-session therapeutic programme personalised to suit your individual needs, incorporating: Pilates, physiotherapy, massage, stretching, breathing techniques, fatigue management and exercise prescription.

It is suitable after any type of cancer surgery or treatment and accommodates all ages and fitness levels.

**PINK PILATES** NOW HAS NATIONWIDE  
COVERAGE WITH 60 PHYSIOTHERAPISTS  
OPERATING IN 30 REGIONS THROUGHOUT  
NEW ZEALAND AND AUSTRALIA

Visit our website to register for an information pack and to find a Pink Pilates Physiotherapist near you [www.pinkpilates.co.nz](http://www.pinkpilates.co.nz)

# WHAT PINK PILATES AIMS TO DO FOR YOU

- Regain strength and mobility
- Enhance energy levels during and after cancer treatments
- Re-strengthening muscles of the trunk and Improving posture
- Ease pain and muscular tension
- Minimise weight gain and help improve bone density
- Improving sleep and alleviating fatigue
- It can also reduce the risk of treatment related side effects such as lymphedema, osteoporosis and neuropathy

*“As a breast surgeon, I see many women with cancer who feel the balance in their lives has changed. The diagnosis and treatment of cancer can be a long hard journey, which can be helped by programmes such as this. Pink Pilates is there to help women recover both physically and emotionally. I believe this will be a great addition to medical care particularly early on in a woman’s treatment.”*

**Mrs Belinda Scott,  
Breast Surgeon,  
Chair of NZ Breast Cancer  
Foundation’s Medical Advisory  
Committee and a Patron of the  
Pink Pilates Trust**

*“Exercise therapy is an important component of recovery from cancer and the effects of its treatment. Both the surgery and chemotherapy cause extreme deconditioning and fatigue and exercise helps to correct both of these debilitating problems. More importantly exercise has also been shown to significantly improve longevity in breast cancer survivors.”*

**Dr Hamish Osborne,  
Academic Convenor for Sport  
and Exercise Medicine,  
Otago School of Medicine**



*"I found the programme invaluable for many reasons: firstly it got me over the physical problems I had following the surgery. Also, it gave me so much positive input at a time when everything else was hard work, it was always something I looked forward to. Twelve months after my final chemo treatment I have run my first half marathon and feel on top of the world."*

**Judith Ansell, breast cancer survivor,  
Great Wall of China Half Marathon  
runner 2010**

# **PINK PILATES** **POPULARITY GROWS**

OUR TEAM ARE HERE TO SUPPORT, MOTIVATE, AND ENCOURAGE YOU, WHILE OFFERING THE BEST CARE AND PROFESSIONAL ADVICE

Pink Pilates is the most popular rehabilitation and exercise programme among cancer survivors in New Zealand.

Supported by cancer surgeons, oncologists, nurses and cancer support services nationwide; Pink Pilates has the highest rate of medical referrals for a cancer support programme.

Certified Pink Pilates physiotherapists that have special training in cancer rehabilitation take the one on one sessions.

There are over 60 certified Pink Pilates physiotherapists in New Zealand and a growing number in Australia.

Over 1,000 woman have benefited from Pink Pilates during the past two years.



The Pink Pilates programme was pioneered by New Zealander Lou James, an experienced physiotherapist, Pilates clinician, former NZ triathlon representative and trustee of the Pink Pilates Trust.

Seeing first hand the physical and emotional toll that cancer had on the lives of the women affected and the people close to them, Lou spent four years researching and developing the Pink Pilates programme, piloting it in 2005 in her own physiotherapy practice in Auckland.



Proudly supported by the  
NZ Breast Cancer Foundation



[info@pinkpilates.co.nz](mailto:info@pinkpilates.co.nz)  
[www.pinkpilates.co.nz](http://www.pinkpilates.co.nz)