

A new lease of life – Laura’s Story

Name: Laura
Age: 42
Diagnosis: Metastatic breast cancer
Activity: Move More Aberdeen Circuits

Laura was first diagnosed with cancer in 2005 and felt very fit and healthy at the time. Her second diagnosis was in 2017 when the cancer had returned and spread. She joined the Move More Aberdeen circuits at the Beach Leisure Centre together with her husband and both found great health benefits from getting active.



How did you hear about Move More Aberdeen?

A friend had used Move More and I could see the transformation it had on him.

How did Move More Aberdeen help you to manage your condition?

I was scared to join a gym after diagnosis, I felt very unfit and was scared I wouldn't manage due to pain and fatigue. I was also very self-conscious. Being able to join a group who understands what you're going through and to work at your own pace was fabulous. Being able to take my husband along with me for support was great too and he gets just as much out of it as I do. We look forward to our Tuesday nights and have noticed a real difference in our fitness.

What difference did the Move More Aberdeen programme make to you?

It has made me realize I can push myself further and given me a new lease of life. I would never have had the confidence to do that without Move More.

What are you planning to do after the programme?

We will continue with similar classes, I'm determined to keep it up!