

+ *Get Active*

ERAS+ is a 12-week programme designed to support you to prepare for, and recover from, major surgery. It works in the 6 weeks before and the 6 weeks after your surgery.

Your physical fitness impacts your ability to recover from major surgery. We want to support you to improve and maintain your fitness leading up to your operation.

Being fitter not only reduces risks to complications during and after surgery, but also helps you recover quicker, and leave hospital sooner.

It is important for you to try and improve your fitness as well as maintaining your current daily activity level.

+ *What kinds of activity?*

The ERAS+ team will work with you to assess your current level of fitness.

We will work with you to set a target of completing 30 minutes of aerobic exercise daily, such as:

- Moderate/brisk walking
- Jogging
- Swimming
- Cycling

If you have a lower starting level of fitness, we recommend that you first reduce the time you spend sedentary over the entire day. Your friends and relatives can assist you in becoming more active. Things like doing the weekly food shopping, cooking, cleaning and returning to active travel can really help. We will encourage you to introduce moderate activity into your daily routine in 3x10 minute intervals as a starting point.



+ Warm up & cooling down

It's important to warm up and stretch before and after exercise to prevent injury. Examples of warming up exercises are:

- Marching on the spot for 3 minutes
- Alternate heel digs 1 minute
- Alternate knee lifts 30 seconds x3
- Slow walk/jog/cycle swim increasing speed up to 5-10 minutes

Simple stretches after exercise, following a gradual reduction in intensity over 10 minutes will help you gradually relax and further slow your heart rate. The following stretches are examples of how you can gradually relax your muscles and improve flexibility after exercise:

- Hamstring stretches held for 10-15 seconds
- Calf stretches held for 10-15 seconds
- Inner thigh stretches held for 10-15 seconds

If you feel unwell or experience severe breathlessness or dizziness, please stop, refrain from any further activity, and consult your GP.

For more information, or to find out where to get active where you live, please visit: www.erasplus.co.uk

