Fighting Fit

What is it?

Fighting Fit is a cancer rehabilitation and wellbeing programme delivered by Lincoln City Foundation for people living with, recovering from, or beyond cancer in Lincolnshire. It combines low-impact physical activity with social support to help participants improve their strength, fitness, confidence and overall wellbeing at a pace that suits their individual needs.

How does it work?

Sessions typically include around 45 minutes of guided exercise followed by an opportunity to chat and connect with others who have shared experiences. The programme aims to support both physical and mental health, reducing isolation while helping people manage the effects of cancer and its treatment.

Our partnership

Fighting Fit is a strong example of how physical activity can support people with long-term health conditions. Active Lincolnshire initially supported the development of the programme through funding from Sport England's Tackling Inequalities Fund. The programme was also featured by Active Lincolnshire as a finalist in the Health & Wellbeing category at the Lincolnshire Sport & Physical Activity Awards 2022.





Attendee comments:

"Attending Fighting Fit helped me to recover from surgery, to manage side effects from my treatment, and has given me back a sense of well-being. I've also found emotional support from a group of fantastic new friends which has rebuilt my mental health."

"Fighting Fit has helped me rebuild balance, strength, confidence and taught me to manage side effects of my treatment, and the support of everyone has restored my mental health. It's been a lifeline for me."