

## **CGA/16/14 – Telephone-delivered physical activity intervention for people with breast cancer after surgery, a feasibility study**

People with breast cancer who are physically active reduce their risk of dying of the disease by about 30% and improve the quality of life compared to those who are inactive. Yet, most people with breast cancer are insufficiently active to reap the benefits. It is crucial that these people get support to be more physically active. A major barrier to attending a physical activity programme is travel. Broad reach (i.e. non face-to-face) methods are one solution. We will explore if a telephone-delivered physical activity programme is feasible and acceptable to people with breast cancer in remote and rural areas of Scotland.