

Getting yourself in shape before surgery is important, as it will positively impact on how well your surgery goes and your recovery afterwards. **We have a plan** to support you along the way.



SHAPE
up 4 surgery



Physical. Lifestyle. Awareness. Next steps.

As soon as you know that you might need surgery, there's lots you can do to get yourself in the best shape possible.

Visit www.shapeup4surgery.co.uk to find out how we can help you to prepare for surgery. Meet the pre-assessment team, hear from surgeons and anaesthetists, try some of the exercise and lifestyle tips or refer yourself to a specialist support service.

Visit our website:
shapeup4surgery.co.uk

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