



# FIT4SURGERY

App-based comprehensive (p)rehabilitation programme



PERSONALISED STRUCTURED EXERCISE PROGRAMME

.....INDIVIDUALISED NUTRITIONAL CONDITIONING

.....SYMPTOM GUIDED HEALTH INFORMATION

To enhance recovery after lung cancer surgery

For further information visit  
[www.fit4surgery.uk](http://www.fit4surgery.uk) or scan QR code  
Want to get involved in a study  
..... to see how well it works ?  
Then contact us  
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