

# EXERCISE FOR CANCER WARRIORS

EXERCISE FOR PROSTATE CANCER PATIENTS



## WHY?

Exercise and other forms of physical activity (ie: raking leaves) have been proven to counteract some of the negative side effects of ADT cancer treatments such as loss of muscle mass and loss of bone health. Some studies show a decrease in fatigue and improvement in sexual health as well!



## WHAT KIND OF EXERCISE?

The best evidence to date suggests that doing both strengthening and aerobic exercises offers the most benefit. Strengthening such as using weights or resistance bands helps to maintain and build muscle mass, while aerobic activities help to keep your heart healthy.

## HOW DO I START?

First, get clearance from your doctor. If you are new to exercise, start slowly. Using your own body weight is a great place to start! You can start by getting up and down from the edge of your seat repeatedly, step up and down on a stair, do some counter top push ups and take a walk. Gradually build up and progress to using small hand weights and taking longer, faster walks.



## HOW OFTEN?

Guidelines suggest 150 minutes of moderate intensity exercise and strength training 2x week. If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity. You could do 30 minutes of exercise 5x/ week with 2-3 sessions of strength training. This may be hard at first or during the course of your treatment, you may not get this much in. That's OK, just stick with it as much as you can!



## HAVE SOME FUN

Exercise comes in many forms, so if you hate the gym or the thought of lifting weights, consider some things that you like to do that involve movement and just be consistent with this. How about hiking, biking or dancing! Make it social- join a gym and do some classes. Or download an exercise App and have someone guide you through beginning strength training. Still struggling with how to start? Ask your doctor for a referral to Physical Therapy and let them help get you going.



## TAKE CARE OF YOU!

Other important aspects of care Include:

- Respecting your body's need for rest
- Healthy food choices
- Paying attention to your mental health

