

# Prostaid Session: Exercise, Physical Activity, and Living Well

*Prostaid Support Group*

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Health & Wellness Lab

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**EXERCISE IS SAFE & BENEFICIAL FOR ALL INDIVIDUALS LIVING WITH CANCER, ACROSS THE ENTIRE CANCER CONTINUUM.**

DEPRESSION,  
ANXIETY, STRESS

LOW QUALITY OF  
LIFE

FITNESS

DECREASED  
PHYSICAL  
FUNCTIONING

CANCER-RELATED  
FATIGUE

POOR BONE  
HEALTH



INCONTINENCE

- Research evidence indicates:
  - Significantly reduced risk of cancer recurrence
  - Significantly reduced risk of cancer-mortality
  - Significantly reduced risk of all-cause mortality
  - Modest amount of moderate to vigorous activity (90 minutes – 3+ hours per week)

Kenfield et al., 2011

- Move More!
- Guidelines – no extra body weight/resistance added until 4-6 wk post-surgery
  - Dependent on health status and prior fitness status
- Listen to your body – you are the expert
  - Feel good during (energy); Feel good after (no increase in fatigue)
- Build the habit of getting in some “exercise minutes” daily
  - Do what you enjoy

## Rating of Perceived Effort (RPE)

0	Nothing at all	 
0.5	Very, very light	
1	Very light	like a person walking slowly at their own pace
2	Light	
3	Moderate	not especially hard - no problem continuing
4	Somewhat hard	 
5	Hard	heavy exercise - it feels hard - no problem continuing
6	Hard	
7	Very hard	strenuous exercise - person has to push themselves
8	Very hard	
9	Very hard	 
10	Very, very hard (maximal)	

extremely strenuous exercise - the hardest you have ever experienced

# Exercise Prescription

## Exercise Oncology Guidelines

### *Aerobic:*

90 mins/wk Moderate-Vigorous Intensity

### *Resistance Training:*

Exercises involving all major muscle groups at least 2 days/wk

### *Flexibility:*

7x/wk stretch (yoga)

### *Pelvic Floor:*

As recommended by a physiotherapist

- ALL movement is beneficial
- SOCIAL SUPPORT: active lifestyles are easier to maintain with outside support
  - Ask family/friends to get active with you
  - Ask family/friends to be an accountability partner
  - **Join an online group activity program or class**
- Consider potential BARRIERS
  - What do you enjoy?
  - **What's accessible?**
  - What's sustainable?



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# EXERCISE ONCOLOGY RESOURCES

# EXERCISE CLASSES

# ONLINE

**625  
MEN  
LAST  
YEAR**

**BRAIN & BRAWN  
+  
STRENGTH &  
STRETCH**

Functional Fitness and  
Relaxation Techniques for  
Prostate Cancer Patients

**EVERY MONDAY +  
WEDNESDAY  
5:00PM - 6:00PM**

Register today  
403.943.8872

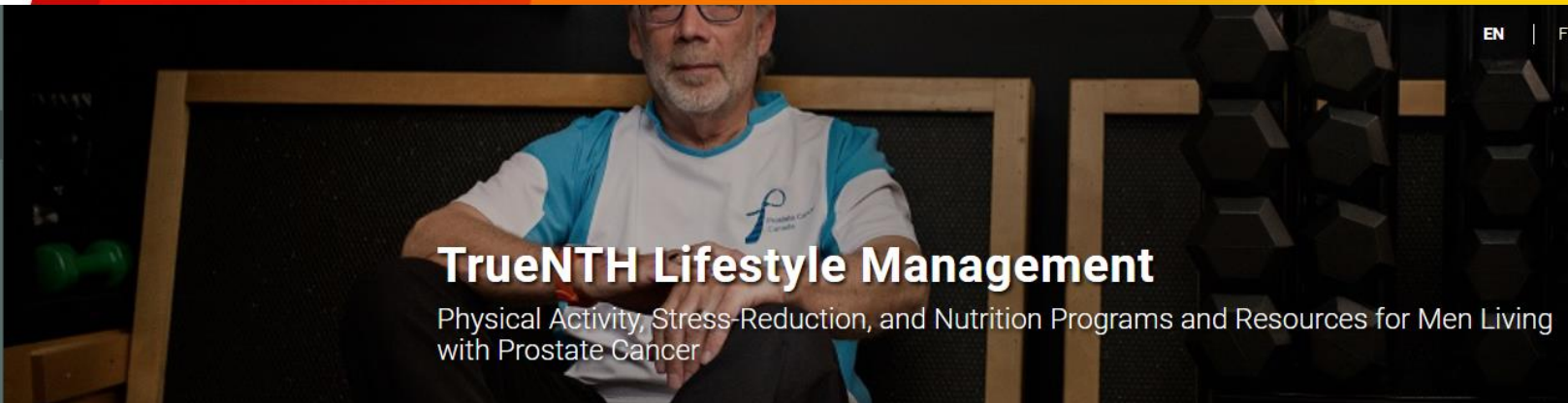


Prostate Cancer  
Centre



- Become a Wellspring member – it's free!
- Online exercise classes
- Zoom delivery, trained exercise professionals
- [Wellspringcalgary.ca](http://Wellspringcalgary.ca)






## TrueNTH Lifestyle Management

Physical Activity, Stress-Reduction, and Nutrition Programs and Resources for Men Living with Prostate Cancer

## Home Programs

Ball Wall Squat

Resistance Training



Hide Instructions ^

Ball and the small of your back. Step the feet away so they are slightly in front of the body. Lean back into the ball and return to the start position and repeat.

## Online Resources

**1**  
GETTING STARTED

**LIFESTYLE MANAGEMENT**  
NUTRITION FOR MEN WITH PROSTATE CANCER



**OVERNIGHT OATS WITH RASPBERRIES**

Serves 4. Ready in 10 minutes.  
Recipe credit: www.ELLICSRKitchen.ca

**INGREDIENTS**

- 1 cup large flake oats
- 1 cup fat-free plain yogurt
- 1 cup almond milk
- 1 tbsp honey or maple syrup
- 1 tsp pure vanilla extract
- ½ cup frozen raspberries
- 1 tsp ground cinnamon



ELLICSR  
KITCHEN



**FOR PATIENTS THAT:**

Live in major urban areas

FREE 12-week exercise program

Pre-, on, or **within 3 years** of treatment

Next programs start: **Fall 2021**



**FOR PATIENTS THAT:**

Live in rural or remote areas

FREE 12-week exercise program

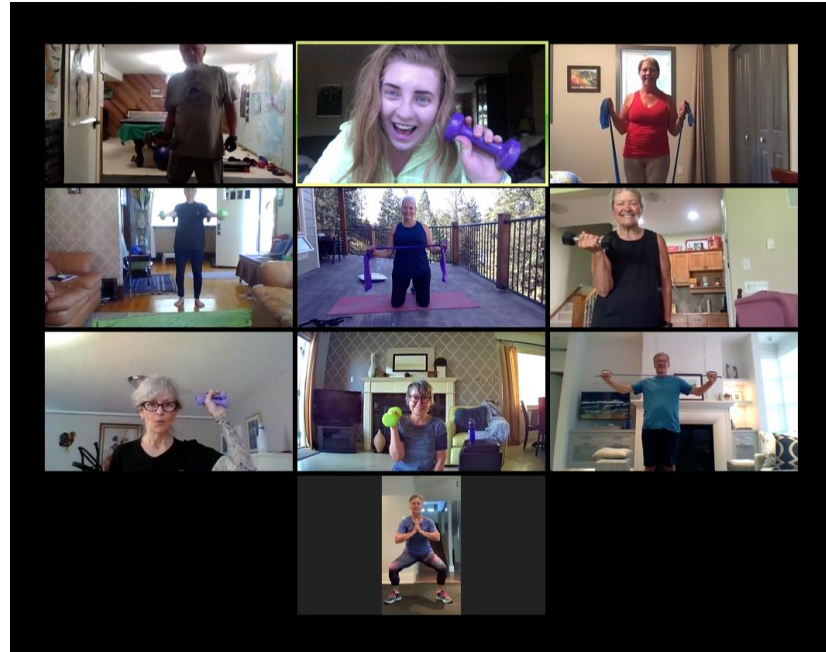
Pre-, on, or **within 3 years** of treatment

Next programs start: **Fall 2021**



**wellnesslab@ucalgary.ca**

# Exercise Classes



[www.thriveforcancersurvivors.com](http://www.thriveforcancersurvivors.com)



Health & Wellness Lab

109 subscribers

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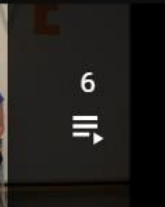
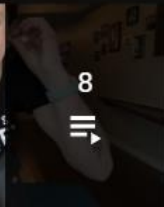
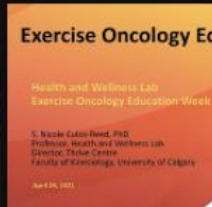
DISCUSSION

ABOUT



Created playlists

≡ SORT BY



8 Week Exercise Oncology Program

Updated yesterday  
VIEW FULL PLAYLIST

Exercise Oncology Education Week 2021

VIEW FULL PLAYLIST

Home Workout Videos: Follow Along!

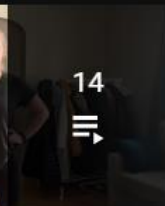
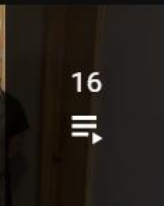
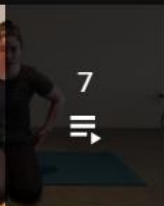
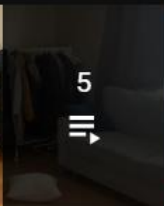
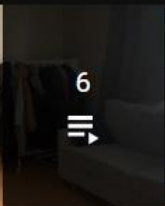
VIEW FULL PLAYLIST

TrueNTH Lifestyle Management

VIEW FULL PLAYLIST

Supplementary Exercises

VIEW FULL PLAYLIST



Cardio Exercises

VIEW FULL PLAYLIST

Balance Exercises

VIEW FULL PLAYLIST

Core Exercises

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Upper Body Exercises

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Lower Body Exercises

VIEW FULL PLAYLIST

# THE FREE THRIVER MANUAL

## A COMPREHENSIVE WELLNESS GUIDE FOR CANCER PATIENTS, SURVIVORS, AND SUPPORT PERSONS

90+ pages of evidence-based content written by content experts in:

- medicine
- exercise oncology
- nutrition
- behaviour change

Includes **infographics, worksheets, and resources** to help you *thrive* throughout your cancer journey

**FREE** to download and presented in a user-friendly PDF format

### INCLUDES 10 CHAPTERS THAT COVER:

INTRODUCTION TO CANCER

CANCER RISK FACTORS

THE ROLE OF EXERCISE

PLAYING AN ACTIVE ROLE IN YOUR HEALTH

EXERCISE GUIDELINES



GETTING ACTIVE

TAILORING EXERCISE

EATING WELL

BEHAVIOUR CHANGE

RESOURCES

TO DOWNLOAD THIS FREE MANUAL, VISIT:

[www.thrivehealthservices.com/survivors/free-thriver-manual](http://www.thrivehealthservices.com/survivors/free-thriver-manual)



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A MOVEMBER INITIATIVE



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# Let's Move!

