

## EXERCISE PROGRAM

The purpose of the study is to determine whether home-based exercise has similar benefits compared to instructor led group-based exercise on quality of life, adherence to exercise and fitness levels. Adherence to exercise long term will also be compared as well as costs associated with running each exercise program.

*This is a multi-center study involving Toronto, Calgary, Hamilton, and York. Toronto is the primary site.*

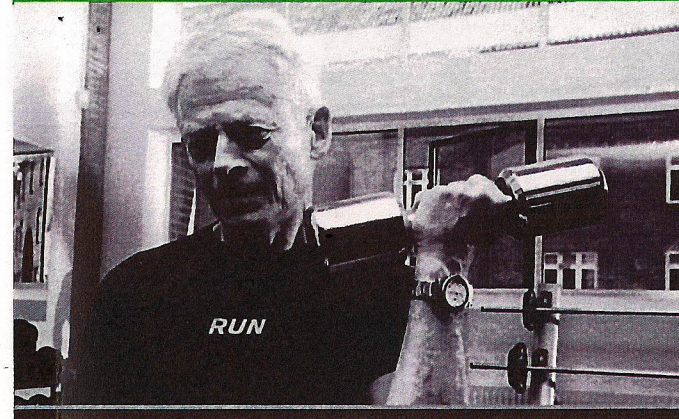
## ELIGIBILITY CRITERIA

We are looking for 43 men in Calgary to participate who meet the following criteria:

- Age 18 and older
- Confirmed diagnosis of prostate cancer
- Fluent in English
- Not currently participating in regular exercise
- Starting or continuing on androgen deprivation therapy (ADT) for at least 6 months

## PROGRAM INCLUDES:

1. A complimentary personalized fitness assessment
2. An individualized exercise program for 6 months designed by certified exercise specialists
3. Reimbursement for travel costs
4. Complimentary in-center training

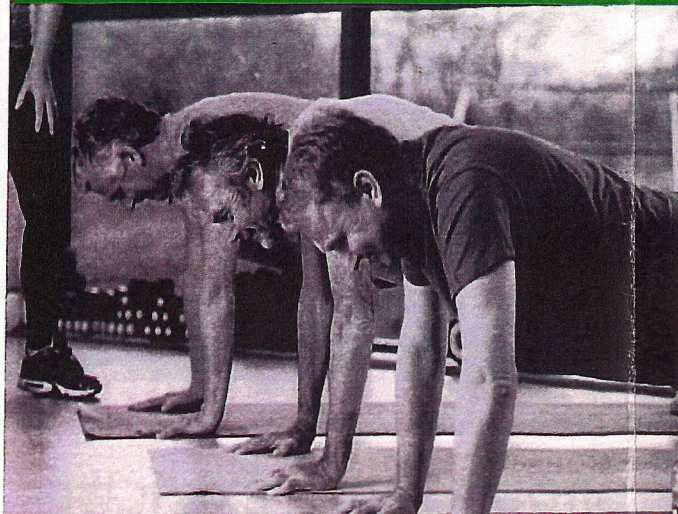


## GROUP-BASED EXERCISE

- Frequency:** 3x classes per week
- Equipment:** Provided in class
- Supervised:** Group Exercise Leader
- \*Must have reliable transportation to Calgary

## HOME-BASED EXERCISE

- Frequency:** 5-4 days per week
- Equipment:** Provided to take home
- Unsupervised:** Remote support from health coach



## Do you have Prostate Cancer?

We are seeking men with prostate cancer who are interested in exercise for a randomized control trial (RCT) comparing 2 exercise programs for prostate cancer patients on ADT (hormone therapy).

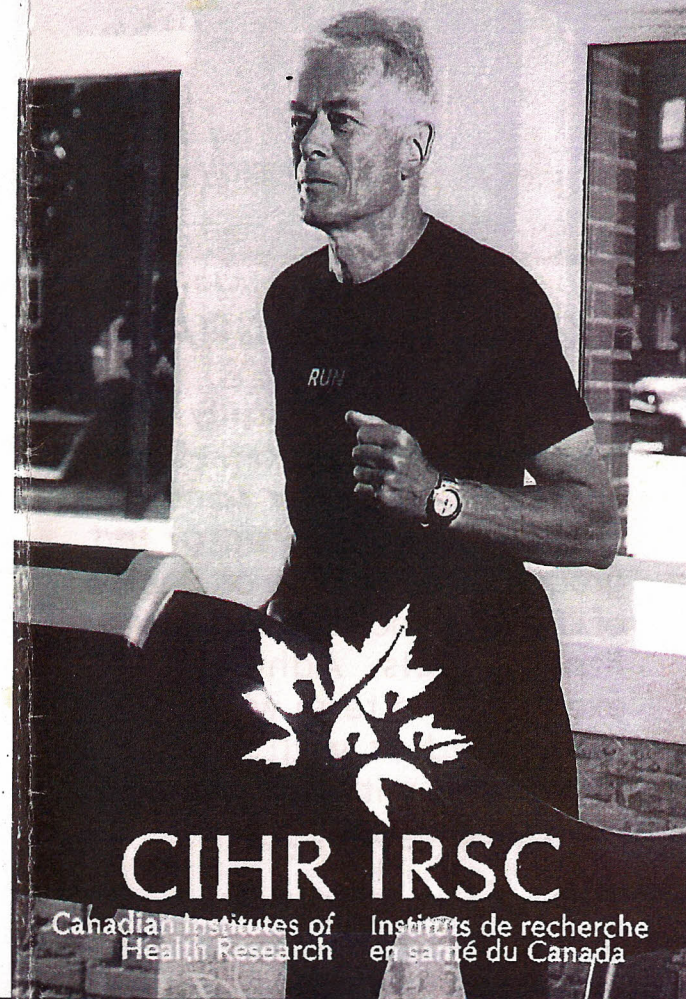
### CALGARY SITE

Study Coordinator:  
**Jessica Danyluk**, MKin, CSEP-CEP

**T:** (403) 210-8482  
**E:** [jmdanylu@ucalgary.ca](mailto:jmdanylu@ucalgary.ca)

This study has been approved by the  
Health Research Ethics Board of Alberta  
HREBA.CC-16-0689

## EXERCISE STUDY for men with Prostate Cancer



**CIHR IRSC**

Canadian Institutes of  
Health Research

Instituts de recherche  
en santé du Canada