

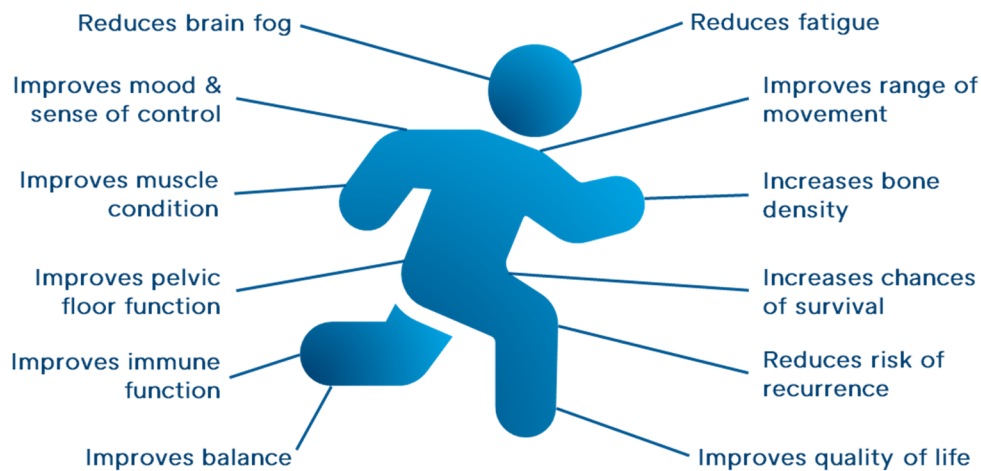
Living Well With and Beyond Prostate Cancer

Exercise Recommendations

WHY EXERCISE?

Research shows that regular physical activity after a prostate cancer diagnosis can lower risk of death from prostate cancer by 33% and risk of death from any cause by 45%.

BENEFITS OF EXERCISE IN PROSTATE CANCER SURVIVORS*



*Adapted from Dieli-Conwright, <https://www.pcf.org/prostate-cancer-survivorship-exercise-mental-health/>

HOW MUCH EXERCISE?

Guidelines for most cancer survivors recommend:

Aerobic (Cardio) Exercise



150 minutes of moderate-intensity exercise OR 75 minutes of vigorous-intensity exercise per week

Moderate intensity means your heart rate is up, your breathing is heavier, and you can talk, but only in short sentences. Examples include brisk walking or gentle cycling. *Vigorous intensity* means a higher heart rate, breathing harder, and barely able to talk, such as jogging or faster cycling.

You can split this up as desired. For example, 30 minutes of moderate-intensity aerobic exercise a day and two resistance sessions per week. Start small if needed—every little bit of movement counts!

Strength (Resistance) Exercise



2 sessions per week targeting all major muscle groups

If you aren't already doing strength exercises, start with light weights, resistance bands, or your own body weight. Stay within your range of motion and stop if you feel joint pain.



BEFORE YOU START A NEW EXERCISE PROGRAM

Talk with your doctor about what's safe for you, especially if you're recovering from treatment or have advanced prostate cancer. Exercise is still safe and beneficial for men with metastatic disease, with additional precautions—like taking extra care to avoid falls.

HOW PCF IS DRIVING INNOVATIVE EXERCISE RESEARCH

PCF funded some of the first studies showing that exercise after prostate cancer diagnosis can improve outcomes. PCF continues to fund innovative trials—from virtual exercise programs to boost heart health in Black patients to research on how resistance training can help men with advanced disease build muscle and maintain strength.

Exercises You Can Do At Home

Aim to move your body daily, building up as you're able and choosing activities you enjoy!

Walking 	Outdoors or indoors, even just around your home. Alone, with friends or loved ones, or with your dog.
Stairs 	No need to climb the whole staircase. Step up and then down one or two stairs for 30 seconds, holding a banister if needed.
Chair Leg Raises 	Sit on a chair or sofa and slowly lift one leg at a time, keeping your back straight. Repeat for 30 seconds.
Couch Squats 	Stand up and sit down using a sofa or sturdy chair. Repeat for 30 seconds.
Push-ups 	Start with your knees on the ground if needed.

For more info, get your free copy of
The Science of Living Well, Beyond Cancer

SCAN ME

