

# EXERCISE AND PROSTATE CANCER

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Welcome the second instalment of the PREP Blog Series. It is widely acknowledged that exercise is one of the most important things you can do for your overall health and this edition will provide information on the positive effects exercise has for men living with prostate cancer.

## Benefits of Regular Exercise:

- Assists with weight management
- Reduce the risk of cardiovascular disease including development of type II diabetes and lowering blood pressure
- Improve bone mineral density
- Increase energy and decrease fatigue
- Improve sleep
- Improve mental health
- Enhance mobility
- Increase overall quality of life

**The Australia Guidelines for Physical Activity recommends to accumulate 30 minutes of moderate intensity exercise on most, preferably all days of the week**



# The Different Types of Exercise:

## 1. Aerobic Exercises

- Activities that work your cardiovascular system e.g walking, running, swimming, etc.
- Helps to reduce the risk of cardiovascular diseases and with weight loss

## 2. Strengthening Exercises

- Exercises that work the skeletal muscles by using resistance e.g lifting weights, push ups
- Help to increase lean muscle mass and overall strength

## 3. Balance Exercises

- Particularly important for older people, these exercises aim to improve the ability to control and stabilise body position
- These can include single leg stands, heel-toe walking. However, be sure to have something for support nearby when practicing like a bench or stable chair

## 4. Flexibility Exercises

- These exercises help to stretch the muscles and improve mobility
- Stretches should be done on all key muscle groups of the lower and upper limbs

## Exercises for Prostate Cancer:

Exercise has been proven to be effective in helping to reduce and manage side effects from prostate cancer treatments. These exercises include:

- **Pelvic Floor Exercises** - Assist with reducing incontinence and erectile dysfunction
- **Resistance/Strengthening Exercises** - Build muscle mass, increase bone mineral density and reduce body fat
- **Cardiovascular/Aerobic Exercises** - Reduce body weight and reduce overall fatigue