

# BENEFITS OF EXERCISE

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**It is widely acknowledged that physical activity and exercise is one of the most important things you can do for your overall health.**

**Regular exercise has been proven to:**

- Assist 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

**All types of exercise should be incorporated to assist in gaining the associated health benefits.**

**The different types of exercises include:**

- Strength
- Cardiovascular
- Flexibility
- Balance

## HOW TO BUY PREP

**Available online, through selected Physiotherapists and local support groups.**

The pack includes:

- 1x Manual with a 20 Week Exercise Program
- 1x Anti Burst Swiss Ball and Pump
- 2x Resistant Bands

## PREP COMMUNITY

**For every pack sold PREP donates \$5 to the Prostate Foundation of Australia.**

Find PREP in your local community

*info@prostaterehab.com*

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



## PROSTATE CANCER AND EXERCISE

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# BENEFITS OF EXERCISE FOR PROSTATE CANCER

Common side effects of prostate cancer treatments include:

- Incontinence
- Erectile dysfunction
- Decreased bone mineral density
- Weight gain
- Decreased muscle mass
- Osteoporosis
- Fatigue

**Exercise has been proven to be effective in helping to reduce and manage these side effects.**

**What types of exercises are beneficial?**

### *Pelvic Floor Exercises*

- Reduce incontinence
- Assist with erectile function

### *Resistance/Strengthening Exercises*

- Build lean muscle mass
- Increase bone mineral density
- Increase strength
- Reduce body fat

### *Cardiovascular Exercise*

- Reduce body weight
- Reduce fatigue

The Prostate Rehabilitation Exercise Program (PREP) has been created for males who have been diagnosed with Prostate Cancer.

Prescribing exercises specifically targeted to assist with the rehabilitation of common side effects of prostate cancer treatments particularly urinary incontinence and erectile dysfunction.

**Designed to be performed at home with minimal equipment.**

The PREP pack contains all the equipment required to complete the exercises. There are 20 weeks worth of exercise sessions and the type of treatment, either surgical or non-surgical, influences the configuration of these weekly sessions.

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

