

# Specialist exercise course for men living with prostate cancer

Evidence suggests exercise and a healthy lifestyle can be beneficial for men with prostate cancer and may help delay prostate cancer progression<sup>1</sup>. That's why Prostate Scotland has teamed up with the SPFL Trust to launch Prostate Football Fans in Training, a new 12 week programme based on the original world-leading FFIT project.

## Here's what you need to know about the programme:

- NICE guidelines recommend that men living with prostate cancer and receiving hormone treatment should be offered a 12 week supervised exercise course<sup>2</sup>
- Prostate FFIT is designed to meet this need, with a tailored 12 week exercise course for all men living with prostate cancer to improve their fitness and learn more about nutrition and diet
- This new programme is supported by experts in prostate cancer and fitness including Prostate Scotland, Glasgow University Health and Wellbeing Institute and the SPFL Trust
- The exercises have been developed by specialists in prostate cancer and exercise and the programme is delivered by professional coaches with specialist training and knowledge
- The programme is open to anyone living with prostate cancer
- Take part with other men who are living with prostate cancer
- Meet and share experiences with those in a similar situation
- Course is available at Ibrox (Ranger FC) & Tynecastle (Heart of Midlothian FC)
- There are always two halves of action - learning and then light exercise
- You will receive a special personal workbook to help you follow the course; and specifically developed videos will also help you exercise at home

Apply to take part:  
[spfltrust.org.uk/prostateffit](https://spfltrust.org.uk/prostateffit)

Contact Prostate Scotland on  
0131 603 8660 or  
[info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk)

## Supporting you to navigate prostate cancer



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<sup>1</sup> See Bourke et al <https://doi.org/10.1186/1745-6215-13-208> , See Bourke et al European Urology <https://doi.org/10.1016/j.eururo.2015.10.047> Wilphard Ndjavera <https://doi.org/10.1111/bju.14922> , and Hart, Nicholas, Galvao et al. doi: 10.1097/SPC.0000000000000276

<sup>2</sup> See National Institute for Healthcare Excellence Prostate Cancer Guideline NG131 2019 <https://www.nice.org.uk/guidance/NG131>