



# GET PROSTATE FFIT!



Join us for our next free 12 week exercise programme which kicks off with Rangers FC at Ibrox in January!

Prostate Scotland and the SPFL Trust have teamed up to deliver Prostate FFIT (Football Fans In Training). It's specifically for men affected by prostate cancer. If you'd like to come along, improve your fitness and share your experiences with other men in a similar situation you can apply:

- online at [spfltrust.org.uk/prostateffit](http://spfltrust.org.uk/prostateffit)
- call Elaine at Prostate Scotland on 07816 408429
- email [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk)

Here's what our previous 'players' had to say:

*It is a very relaxed and informal atmosphere, allowing men from all backgrounds to share and speak about a common problem, Prostate Cancer*

*It's changed my life - I feel fitter and 10 years younger*

*Smashing programme - added to my confidence and fitness*

