

# Train like a pro with a free exercise course for people living with prostate cancer - delivered at Ibrox!

Evidence suggests exercise and a healthy diet is beneficial for those living with prostate cancer and may help delay progression. 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:

- Take part with other men who are living with prostate cancer
- Course is available at Ibrox (Rangers FC)
- Meet and share experiences with those in a similar situation
- Build your knowledge of exercise, diet and nutrition over 12 weeks
- Meets medical guidelines for men on hormone therapy where an exercise programme is recommended
- There are always two halves of action - learning and then light exercise
- Specifically developed videos and support info will also help you exercise at home
- Programme supported by experts in prostate cancer and fitness including Prostate Scotland, Glasgow University Health and Wellbeing Institute and the SPFL Trust

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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