Exercise & Prostate Cancer: Get Moving Men!

Learn why and how to start exercising now!
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Study shows exercise slows prostate cancer by as much as 30%

- According to researchers at UCLA’s Jonsson Cancer Center and Department of Physiological Science, a low fat, high fiber diet and regular exercise can slow prostate cancer cell growth by up to 30%. The study was published in the *Journal of Urology*.

- The exercise component involved walking at a quick pace for 30 to 60 minutes four to five days a week *and* once or twice a week at a slower pace for 40 to 60 minutes.

- Source: http://unisci.com/stories/20013/0911013.htm
Researchers find that vigorous activity can slow progression of prostate cancer

- Researchers from Harvard tracked over 47,000 men from 1986 to 2000 and found that older men who vigorously exercised on a regular basis were at a lower risk, almost 70%, of advanced and fatal cases of prostate cancer.

- One stipulation of these findings is that men need to work out vigorously at least three hours a week to take advantage of the protection exercise provides against prostate cancer.

- Source: Archives of Internal Medicine, May 9, 2005
Work out programs should have:

- Aerobic Exercise Component: this component aids in weight loss and/or management and strengthens your heart and lungs. Walking, biking, dancing and swimming are all great choices.
Work out programs should have:

- **Strength Conditioning Component**: using free weights, calisthenics or weight machines, be sure that your strength training includes exercises for every muscle group including: arms, chest, back, legs and stomach. Start with a weight that you can lift comfortably for eight repetitions and work up to 12.
Work out programs should have:

- **Flexibility Component:** Proper stretching involves holding a mild stretch of 10 to 30 seconds while you breathe normally. Always warm up before stretching, a quick 5 to 10 minute walk will do. Be sure to do a stretch for each major muscle group.
How hard should I exercise?

- An easy way to monitor your exercise intensity is to rate your perceived exertion (how hard you think you are working). Using a scale of Zero (doing nothing at all) to Ten (working very, very hard), you want to maintain a rating of 3 to 5.
Precautions

- Always check with your doctor before beginning any exercise program.
- Start slow and work your way up to a faster pace over several weeks.
- As few as 10 minutes a day can be a great starting point.
- Your local park district, YMCA, health club or community center are great places to find safe exercise programs as well as fitness professionals who can help you get moving!
To learn more about designing or choosing safe exercise programs:

- Contact the American Council on Exercise at: www.acefitness.org or call 1-800-825-3636