

ProstFIT

More than just
exercise



**prost=
FIT** / **STRONGER
TOGETHER**

proudly supported by **DRY JULY**
NZ TRUST

Overview

Why should cancer survivors exercise?

If you are being treated for cancer, or recovering, you may have thought it was important to rest, but research shows that tailored exercise benefits most people with cancer before, during and after treatment. Being active can help manage some of the common side effects of treatment, speed up recovery and improve quality of life. Research suggests that exercise may help lower the chances of cancer returning in some people by as much as 50-60%.

What is Prost-FIT?

PCFNZ's Prost-FIT programme is designed specifically for men living with disease, at any stage of diagnosis or treatment. Involving both physical and cognitive elements delivered in a supporting environment, with an emphasis on fun and social interaction. Prost-FIT also offers camaraderie and opportunities for shared experiences.

Proudly supported by Dry July NZ Trust, Prost-FIT is delivered by trained, registered exercise professionals. Numbers at the groups are capped to ensure all participants receive the support they need to have a safe, effective and enjoyable fitness experience.

How much does it cost?

Classes are held once-weekly in 4 blocks of 10 weeks (40 weeks) over the course of the year at each location. There is no cost involved in taking part, but participants do need to formally register with the trainer of the class they wish to attend. In addition to these classes, arrangements can be made privately with the class trainer to attend additional fitness sessions. These private arrangements are outside of the official Prost-FIT programme and will ordinarily incur a fee with the trainer.

For more information:

To find out more email prost-fit@prostate.org.nz

[View classes](#)

Testimonials

More than just exercise

“Prost-FIT has been of huge benefit to me as part of my PCa [prostate cancer] journey. I highly recommend the programme to any guys beginning to the PCa journey, or to guys who are through the treatment process and want to gain the benefits of exercise whilst mixing and mingling with other men who are undertaking a similar journey. Give Prost-FIT a go, there is nothing to lose, much to be gained.” **Jamie, Prost-FIT Member**

“I have noticed a big difference since I started doing the Prost-FIT classes. I feel stronger and more flexible which means I can now bend all the way down again. I really recommend Prost-FIT to men who have been diagnosed with prostate cancer. Not only can it improve physical fitness, but the classes also have a major positive effect on mental wellbeing too. These are not the only benefits, my PSA levels are down by 30% since I started Prost-FIT. **Doug, Prost-FIT Member**

Videos

CATEGORY



Prost-FIT | Stronger Together

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Photo Gallery

