



EXERCISE PLAN



Staying Committed to Exercise:

Before commencing any exercise program it is important to set goals to help you stay on track. Make sure to **write down your goals** and have them on display where you can see them regularly to help both motivate and encourage you.

It is important when you begin to write down your goals that they are “SMART”: **specific, measurable, attainable, relevant**, and for set **time frame** to achieve these goals. At the beginning of each week take a moment to re-evaluate your goals as they may have changed depending upon the stage of your prostate cancer and the current treatment therapies you are prescribed.

Making Exercise Enjoyable:

While you are commencing an exercise program to reach certain goals, it does not mean it cannot be fun. Selecting exercises that are [appropriate for your condition](#), but still enjoyable, such as exercising with a friend, playing a sport (if possible) or joining a group fitness class will keep you accountable with your exercise regime, provide you with additional support and also make exercising fun.

Write down a list of five exercises that you enjoy:

1. _____
2. _____
3. _____
4. _____
5. _____

Now list five exercises that a friend and/or family member enjoys:

1. _____
2. _____
3. _____
4. _____
5. _____

If there is a form of exercise that both you and a friend or family member enjoy, make a commitment to perform that type of physical activity together. Performing exercise with a friend or family member is extremely helpful to get you started on your exercise journey, but also motivate you to maintain a consistent exercise regime.