



CAN-B FIT



EXERCISE PROGRAM FOR MEN WITH PROSTATE CANCER



LED BY ONCOLOGY-TRAINED EXERCISE PROFESSIONALS AT
RESTORE ONCOLOGY CARE & LYMPHOEDEMA CLINIC



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What?

CAN-B Fit is a **six (6) week exercise program** led by oncology-trained exercise professionals at Restore Oncology & Lymphoedema Clinic.

One (1) **30-minute initial consultation**
Six (6) **weekly, one-hour group exercise sessions**

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Why?

Exercise during and following cancer has many proven benefits:

Clinical & Physical Benefits

- Mitigation of fatigue and treatment-related side effects
- Increased fitness, strength, flexibility and mobility
- Decreased risk of falls, fractures and treatment-related bone loss

Social Benefits, Mental and Emotional Benefits

- Greater capacity for social engagement and participation
- Improved body image, self-confidence, and independence
- Decreased levels of depression, anxiety, and stress

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Cost?

The total cost of this program is just **\$94*** for 6-weeks of tailored support.

This includes:

- 30-minute consultation with an Exercise Physiologist - \$115 (less Medicare rebate of up to \$61 with Treatment Care Plan from GP*).
- Six (6) weekly, one-hour group sessions - only \$40 total
- A personalised exercise plan designed around your health goals
- Complimentary resistance band, water bottle & trigger ball

*Medicare rebates are available for up to five (5) allied-health services a year on referral from your GP or specialist

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How do I sign up?

There are various ways to apply:

Visit:

pbcf.org.au/canbfit

Contact us:

Phone: 0433720025 or;

Email: support@pbcf.org.au

Referrals are also welcome from
GPs and specialists

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