



Prostate
Cancer
Research

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tackle
prostate cancer



PROSTATE CANCER AND THE BENEFITS OF PHYSICAL ACTIVITY

TOP TIPS

Alisa's top tips from the session

- Listen to your body and what it is telling you
- Always start slowly and build up in steps
- If motivation is an issue, do schedule your practises and maybe ask someone to hold you to account

Find out more

www.pcr.org.uk/living-well

