

iSTRIDE

Prostate Cancer Survivors (Aged 18+) Needed for Study

Researchers at the University of Toronto are trying to learn more about how to help prostate cancer survivors move more and sit less.

WHO CAN PARTICIPATE?

We are looking for:

- Men diagnosed with prostate cancer
- 18+ years old
- Engaging in less than 150 minutes of physical activity a week
- Not receiving radiation therapy or chemotherapy

WHAT'S INVOLVED?

- **Three assessments:** surveys, a strength test, and wear an activity monitor device for 7 days at each time point
- **12-week Program:** You will be randomly assigned to receive a 12-week program and a FitBit or to only receive a FitBit

INTERESTED?

Contact us to find out more about to the study and if you're eligible to participate!

E: exercise.oncology@utoronto.ca **T:** 416-946-5856

This study has been approved by the Research Ethics Board of University of Toronto (#28981)