



PROST! members at the Subiaco Football Club gym.



Ron Manners (left), Ian Simmonds and Bob Kucera at the Subiaco Football Club gym.

## Men's prostate recovery – muscle, mateship and mood

A not-for-profit organisation created to address the large gaps in services available for men dealing with prostate cancer, PROST! is an engaging way men can get active within a like-minded community.

PROST! Exercise 4 Prostate Cancer chair Ian Simmonds said the mission for PROST! was to educate, inspire and support men experiencing prostate cancer, chronic pelvic pain, incontinence and sexual health disorders.

"We aim for this through high-quality clinical care, continuing research, community outreach and tailored evidence-based group exercise physiology programs," he said.

"We are committed to serving men in their quest for better health, through our focus on enhancing muscle, mateship and mood.

"We believe in promoting the benefits of exercise for physical and psychological wellbeing, sharing information and learning from each other in a non-judgemental and inclusive manner, and provide support to each other while respecting the right to privacy."

With venues now at Subiaco Football Club's gym in Leederville, the University of WA Exercise and Performance Centre in Crawley and BFT Fremantle on Queen Victoria Street, as well as a new fourth

centre planned for West Perth Football Club's gym at Pentanet Stadium in Joondalup in late October, Mr Simmonds said it was important to target and appeal to as many individuals as possible, particularly in the northern suburb regions.

"According to the Prostate Cancer Foundation of Australia, prostate cancer is the most commonly diagnosed cancer in Australia, with an estimated 24,217 men to be diagnosed this year," he said.

"Of those, 3517 — or 10 every day — will die. "We've also found through research that the statistics of prostate cancer patients is quite high in the northern suburbs, which

is why we are launching a new facility in Joondalup."

With the physical and mental benefits of PROST! aplenty, Mr Simmonds said it was never too late to get involved.

"Research has identified exercise, pre and post-prostate treatments, will greatly assist in the reduction of the after-effects," he said.

"Exercise is a key component of the PROST! program, but we take it further by adding in the mates and mood components to further assist prostate cancer sufferers with their mental wellbeing."

For those interested in joining PROST!, visit [prost.com.au](http://prost.com.au).

### MEN! (& WOMEN TOO!)

Have YOU (or has YOUR MAN) been diagnosed with

### PROSTATE CANCER?

- Worry about recovery after treatment?
- Want to improve incontinence, sexual dysfunction and mood?
- Don't know where to go for help?

Then join up to

### PROST! Exercise 4 Prostate Cancer

(a not-for-profit incorporated association and registered charity)

University researched evidence-based group exercise program that can help YOU (or your MAN)

- Located at –
  - **Leederville** (Subiaco Football Club Gym, Leederville Oval)
  - **Crawley** (University of WA, Exercise and Performance Centre)
  - **Fremantle** (BFT Gym, Queen Victoria Street)
  - Coming soon to **Joondalup** (West Perth Football Club Gym, Pentanet Stadium, Joondalup Arena)
- For **ordinary** blokes - all are being treated or have had treatment for prostate cancer – all shapes, all sizes, all ages, all backgrounds, all welcome
- Aims to achieve **great results** for incontinence, sexual dysfunction and mental health
- Recommended one-hour **group session**, twice weekly, supervised by university-qualified exercise physiologists
- Pelvic floor, cardio, resistance, weights, core, balance, and coordination exercises – all **moderate intensity and fun**
- Voluntary **coffee shop chats** after exercise
- **Low fees** - \$12 per session – most private health funds offer rebates
- Established for 10 years and helped 300 men

Check the website at [www.prost.com.au](http://www.prost.com.au)

- Request a visit before joining
- Book an appointment with one of our exercise physiologists at location of choice for a preliminary physical assessment

Registrations for interest in **Joondalup** are being taken now – go to [www.prost.com.au/membership](http://www.prost.com.au/membership) and leave name and contact details



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Joondalup