

GET FIT Together

Help us learn how social support can improve the benefits of exercise for older prostate cancer survivors.



By joining GET FIT Together you will be invited to participate in 6 months of a resistance training program with coaching and support, tailored just for you. Training is all done online, so it may be completed from the comfort of your home.



OHSU IRB #29324

Who can GET FIT?

- If you are 65 years or older
- If you have been diagnosed with prostate cancer
- If you have completed surgery, chemotherapy, radiation, and/or systemic treatment (not including ADT) for your prostate cancer more than 3 months ago

Contact us today to learn more.

PHONE 503-346-0444

E-MAIL GFTstudy@ohsu.edu

What's Involved?

You will have the opportunity to participate in one of the following types of exercise programs:

- Live online group classes with a trainer 3 times a week.
- Independent exercise training following a written manual and/or video 3 times a week.

Eligible to receive up to \$100 by adhering to your training program.



KNIGHT
CANCER
Institute