

PROSTATE CANCER FAST FACTS EXERCISE

Regular exercise for **at least 30 minutes at a time and at least 3 days per week** is essential for prostate and total body health.

Not only does regular exercise help you to maintain a healthy weight, it also has been shown that men who exercise regularly have overall lower rates of cancer, tolerate cancer treatments far better, and survive their cancer at higher rates.

Numerous research studies have shown a clear association between obesity and the development of prostate cancer. Scientists are not sure as to why this association exists, but it clearly does.

Prostate cancer is more common in obese or overweight men. With rates of obesity climbing higher each year, this has become the most important lifestyle-related issue for men concerned about prostate cancer.

Additionally, obese men have higher rates of surgical complications, experience more problems with radiation treatments, and have lower survival rates than normal weight men.

Lessening your risk of developing prostate cancer is *not* something that can be done overnight. One weekend of eating the right foods and exercising will not significantly change your chances of getting this disease. However, lifestyle modifications that are carried out through years are a whole different story.

Fad diets, impossible exercise routines, and unrealistic expectations are not helpful in the long-term. Finding a diet and exercise plan that you can handle and then **sticking to it for the long-term will provide the best results for prostate and total body health.**

Raymond James is proud to step forward as the lead sponsor of the 2017 Father's Day Walk/Run on June 18, 2017 in support of Prostate Cancer Foundation BC. For more information on prostate cancer, please visit: www.prostatecancerbc.ca

Come out and support Prostate Cancer Foundation BC for the Father's Day Walk Run. [Click here](#) to learn more or to sign up.