

Randomisation of Urologists

Survivors of Prostate Cancer Present for
Follow up Consultation

Intervention: Physical Activity Group

Control Group

Recruitment

Recruitment

Baseline questionnaire

**Baseline session: Fitness Assessment &
Physical Activity (PA) Measures**

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**12 week program : 2 gym sessions and
1 home session each week**

12-week follow up fitness assessment and questionnaire

6-month follow up questionnaire

12-month follow up telephone questionnaire