



## KEY OF SUCCESS

Your health is not an expense; it's the best investment you will ever make. Every step towards well-being today is a stronger, healthier future.

# FREE FROM STRESS

Transforming health through personalised lifestyle medicine



## WHAT WE OFFER

- ✓ *1:1 Exercise Programme*  
Supervised and guided exercise plans
- ✓ *Health Coaching*  
Personalised guidance for lasting lifestyle changes.
- ✓ *Nutritional Guidance*  
Assessment, information & custom meal planning to optimise health.
- ✓ *Physiotherapy & Rehabilitation*  
Targeted interventions for mobility and recovery.

## BOOK YOUR CONSULTATION TODAY:



SCAN QR CODE TO BOOK 'GET STARTED CONSULT'

## CONTACT

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**PERSONAL HEALTH**  
Lifestyle Medicine Clinic

**THE PROSTATE  
CANCER  
PROGRAMME**

**REBUILDING STRENGTH.  
RESTORING CONFIDENCE.  
ENHANCING QUALITY OF  
LIFE.**



## **THE PROSTATE CANCER PROGRAMME**

**Invest in Your Health  
for a Lifetime of Benefits**

If you've recently undergone surgery and/or oncology treatment, this programme is designed to help you regain confidence, strength, and vitality—with expert guidance every step of the way.

## **WHY CHOOSE THIS PROGRAMME?**

**Reclaim Control. Restore Confidence.**

Cancer treatment can take a toll, but you don't have to face the after effects alone.

Our dedicated clinical team is here to support your recovery and help you reduce the short and long term side effects of treatment, including:

- Fatigue and low energy
- Muscle and bone density loss
- Reduced cardiorespiratory fitness
- Joint discomfort
- Low mood or confidence
- Urinary incontinence
- Erectile dysfunction

## **WHO IS THIS FOR?**

Tailored for men aged approximately 50–70 who have undergone:

- ✓ Surgery
- ✓ Radiation or chemotherapy
- ✓ Hormone Therapy
- ✓ Or a combination of treatments

It is suitable both during and after treatment, offering personalised support to help you recover well and feel your best.



**Work  
Smart**

## **HOW IT WORKS**

### *Baseline Assessment*

A comprehensive health evaluation which is data driven & shared directly with your Oncologist, GP and any other relevant medical provider.

### *Three Months of Supervised Lifestyle Change*

Expert-led interventions to ensure safe and sustainable progress.

### *Clinical Reassessment & Optimised Plan*

A final review to establish long-term health strategies.