

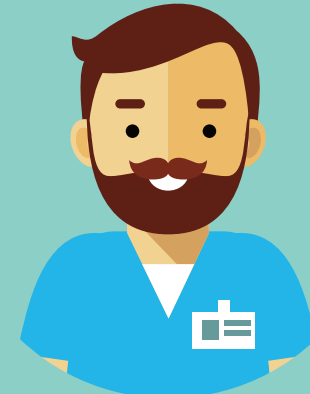
“Exercise has been shown to be beneficial by improving your muscle strength, reducing fatigue and may improve your mental wellbeing.”



“I recommend that you part-take in regular exercise which has been found to reduce the side effects of ADT such as fatigue and muscle loss.”



“Due to the benefits of exercise, I highly recommend that you consider taking part- in structured aerobic and resistance exercise.”



Step 1

Discuss the benefits of exercise, these include; improvements in fatigue, quality of life, muscle strength, aerobic exercise tolerance and improved mental wellbeing.



Step 2

Recommend exercise as a treatment component; discussing how exercise can specifically combat the side-effects of ADT.



Step 3

Highlight the approval of exercise from the clinical team.

