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# TrueNTH

## Lifestyle Management

Hello,

Every November, men around the world grow mustaches and become Mo Bros to raise money for the Movember Foundation. Current evidence shows that regular physical activity is safe and has a positive effect on the physical and psychological well-being of men diagnosed with prostate cancer. Putting their “money where their Mo’ is” in support of the importance for physical activity, Movember and Prostate Cancer Canada has funded TrueNTH Lifestyle Management (LM), a national wellness initiative that aims to improve the quality of life for men with prostate cancer through physical activity, nutrition, and stress-reduction resources (programs and education materials).

Lead by Dr. Nicole Culos-Reed at the University of Calgary, the TrueNTH LM program provides the framework to wellness facilities across Canada for implementing physical activity, yoga, and other lifestyle programs in their community. Twelve-week community-based programs include group physical activity and yoga classes, providing a supportive environment to enhance wellness. Educational resources empower men to engage in a healthy lifestyle that will aid in the management of treatment-related side effects and enhance quality of life.

In Alberta, TrueNTH LM has programs in Calgary (2015) and Edmonton (begins 2016). In addition to these community locations, the TrueNTH LM website and online portal will launch in 2016, allowing men from across the province to access resources from the comfort of their own home.

If you would like more information or would like to register for a community program, please contact the Health and Wellness Lab at the University of Calgary at 403-210-8482 or visit [www.thriveforcancersurvivors.com](http://www.thriveforcancersurvivors.com).

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**TRUE<sup>NTH</sup>**  
A MOVEMBER INITIATIVE

