



TrueNTH Lifestyle Management

Hello,

TrueNTH (pronounced True North) Lifestyle Management (LM) aims to improve the survivorship experience for men living with prostate cancer through physical activity, nutrition, and stress-reduction resources. All men, regardless of when diagnosed, can now access evidence-based resources easier than ever before by registering at **lifestyle.truenth.ca**. Here's what's available:

Community Programs

- Find a list of qualified fitness professionals trained in cancer and exercise that offer community-based physical activity & yoga programs in cities across Canada.
- **Free Home Programs**
 - Get an online, home-based physical activity program with interactive videos, photos, health trackers, and free optional support from a central fitness professional.
- **Online Resources**
 - A Health Library of evidence-based and prostate cancer specific physical activity, stress-reduction, and nutrition resources from reliable organizations across Canada.

For more information please visit the website or email us at **lifestyle@truenth.ca**.

Sincerely,

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**LIFESTYLE
MANAGEMENT**