Referral by Oncologists/Urologists
Western Australia/NSW

Screening, Familiarisation and Baseline testing

Patients stratified and randomly assigned (n = 124)

Immediate exercise (n = 62)
- Receive allocated intervention for 6 months
- 6 month testing
- Asked to maintain usual physical activity for 6 months
- 12 month testing

Delayed exercise/Usual care (n = 62)
- Asked to maintain usual physical activity for 6 months
- 6 month testing
- Receive allocated intervention for 6 months
- 12 month testing