

Supplemental Content 1: *General exercise protocol guidelines followed by program facilitators for use with prostate cancer survivors who are cleared for unrestricted physical activity, as used by TrueNTH LM in the design of the program, based on modality, the FITT principle, and population-specific aims and considerations.*

Resistance	Frequency	Aims
Training^{I, II}	<ul style="list-style-type: none"> 2-3x/wk using exercises targeting full body major muscle groups 	<ul style="list-style-type: none"> Reduce fatigue and other treatment-related side effects.
	Intensity <ul style="list-style-type: none"> Low to moderate intensity, building up to vigorous if desired 60-70% predicted 1-RM Increase weight 5lb after individual can lift current weight for 12 reps 	<ul style="list-style-type: none"> Improve physical functioning and quality of life
	Time <ul style="list-style-type: none"> 1-2 sets, 6-12 reps 	When to Initiate Program <ul style="list-style-type: none"> Pre-operation; During radiation; and/or ADT
	Type <ul style="list-style-type: none"> 7-8 compound & single muscle exercises resembling ADLs which when added together represent the major muscle groups of the body. Multiple implements can be used depending on patient preferences and the facility 	<ul style="list-style-type: none"> 6 weeks post-operation, intensity dependent on degree of incontinence

Aerobic	Frequency	Aims
Training^{III}	<ul style="list-style-type: none"> • 3-5x/wk (or most days of the week) 	<ul style="list-style-type: none"> • Reduce fatigue and other treatment-related side effects
	Intensity	
	<ul style="list-style-type: none"> • Low to moderate intensity, building up to vigorous if desired 	When to Initiate Program
	<ul style="list-style-type: none"> • 50-75% HRmax 	
Time	<ul style="list-style-type: none"> • 30-45 minutes, starting with lower durations and building up over time. 	
	<ul style="list-style-type: none"> • Multiple sessions each day of at least 10 minutes can be used. Lower durations depending on fatigue levels are encouraged. 	<ul style="list-style-type: none"> • During radiation and/or ADT • 6 weeks post-operation, intensity dependent on degree of incontinence
	Type	
	<ul style="list-style-type: none"> • Continuous moderate impact activities (i.e. walking) for bone mineral density improvement; walking, cycling, or other safe continuous aerobic exercises 	

Pelvic	Frequency	Aims
Floor	<ul style="list-style-type: none"> • 3-4 times per day 	<ul style="list-style-type: none"> • Improve urinary incontinence, quality of life
Muscle	Intensity	
Training^{IV,V}	<ul style="list-style-type: none"> • 5-10 sec contraction, 10-20 sec relaxation 	When to Initiate Program
	Time	<ul style="list-style-type: none"> • 4 weeks pre-operation
	<ul style="list-style-type: none"> • 10-15 contractions per day to maximum of 90 contractions 	<ul style="list-style-type: none"> • During radiation and/or ADT
	Type	<ul style="list-style-type: none"> • 48hrs after catheter removal
	<ul style="list-style-type: none"> • Physical Therapist supervised or unsupervised/independent. 	
Flexibility^{VI}	Frequency	Aims
	<ul style="list-style-type: none"> • 2-7 times per week 	<ul style="list-style-type: none"> • Improve physical functioning, quality of life
	Intensity	
	<ul style="list-style-type: none"> • Slow, static stretching to the point of tension 	When to Initiate Program
	Time	<ul style="list-style-type: none"> • Pre-operation, during treatment, or 6 wks post-surgery, dependent on incontinence
	Type	
	<ul style="list-style-type: none"> • Stretching of major muscle groups, especially those affected by treatment 	

Legend: ADL = activities of daily living, ADT = androgen deprivation therapy; reps = repetitions, (some inconsistency in using 'per week' vs. '/wk

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