








PCR Training Tips

56 MILES IN FEBRUARY

*Exercise—whether it's walking, jogging, running, cycling, or swimming—offers many health benefits, including better heart health, improved mood, and enhanced sleep. Here are some top tips to get you started:**

-  **Wear comfortable clothes and footwear** that won't restrict movement.
-  **For longer walks, jogs, runs or cycles**, make sure you take some water, healthy snacks and some extra layers if it is cold!
-  **If you're not very active usually**, increase your distance gradually.
-  **Add different forms of exercise to cover your 56 miles.** You don't have to stick to just one type.
-  **Exercise with others.** There's nothing better than combining your exercise time with quality moments spent with friends or family.
-  **Find quick wins to get your miles in.** Use the stairs instead of a lift, walk instead of driving where possible.
-  **Consistency is key.** Little and often is better than a burst of activity and then nothing.

Most importantly, **ENJOY IT!** 

You are doing an amazing thing, all in support of men and their families with prostate cancer. You've got this!

**If you have an injury or are concerned about your health in any way, speak to a GP before taking part.*