

Is There a Right Time to Start an Exercise Plan?

ADT can cause [significant muscle loss in patients](#), simply because it blocks the hormone that helps you build muscle in the first place. This doesn't stop at just losing the extra muscle mass you might've gained from heavy labor or previous workouts—it attacks all of your muscles, no matter how big or small they are.

Those who don't do anything to offset this muscle loss will likely begin to notice themselves growing weaker, losing energy, and may even have a hard time moving around freely.

Fortunately, exercise therapy is a simple and [effective solution](#) to offset these side effects from your treatment. Focusing on muscle building exercises, such as resistance training and balancing exercises, are particularly effective.

But now for the real question: *When* is the best time to start this exercise therapy?

To Be Proactive or to Wait...Is There a Difference?

If you're reading this, that likely means one of two things: You've only recently started on ADT or you've received the treatment for a few months. Which may lead you to wonder whether or not it matters when you start your exercise program on ADT.

Some may worry that delaying their exercise could cause their muscle loss to be irreversible. This is an understandable yet, fortunately, unfounded fear. [Studies suggest](#) that exercise during ADT, no matter if it began at the onset of the treatment or several months after, preserves and enhances muscle strength and physical function.

However, that isn't to say that you *should* delay your exercise therapy while on ADT. [Other studies](#) indicate that exercising at the initiation of ADT can help offset those initial adverse effects your treatment has on your physical strength and function. Put more simply, exercising at the start of treatment can help you avoid losing any muscle at all.

A proactive mindset towards exercise on ADT is also beneficial for those with comorbidities (people with multiple ailments). Regular physical exercise [works wonders for your health](#), helping you manage weight, reduce risk of disease, and even improve your brain health (outside of the obvious strength building benefits). Committing to consistent exercise can, therefore, help limit the progression of certain comorbidities.

The Excuse to Exercise You've Been Looking For

So, is there a *perfect* time to start an exercise plan? In the case of ADT patients, the answer is yes: Right now!

Find time to exercise every day right at the start of your treatment so you build a consistent habit. Try to commit at least 30 minutes of your day to exercising. If this is your first step back into regular exercise, start with at least 15 minutes of dedicated exercise time.

You may worry you're too busy for this time commitment, but we promise you it's worth it. Try squeezing the time in at the beginning or end of your day or right when you get home from work.

If you've already noticed signs of muscle mass loss from your treatment, there's no reason to worry. There's no better time than the present to take control of your body and thwart the side effects of ADT with regular exercise.