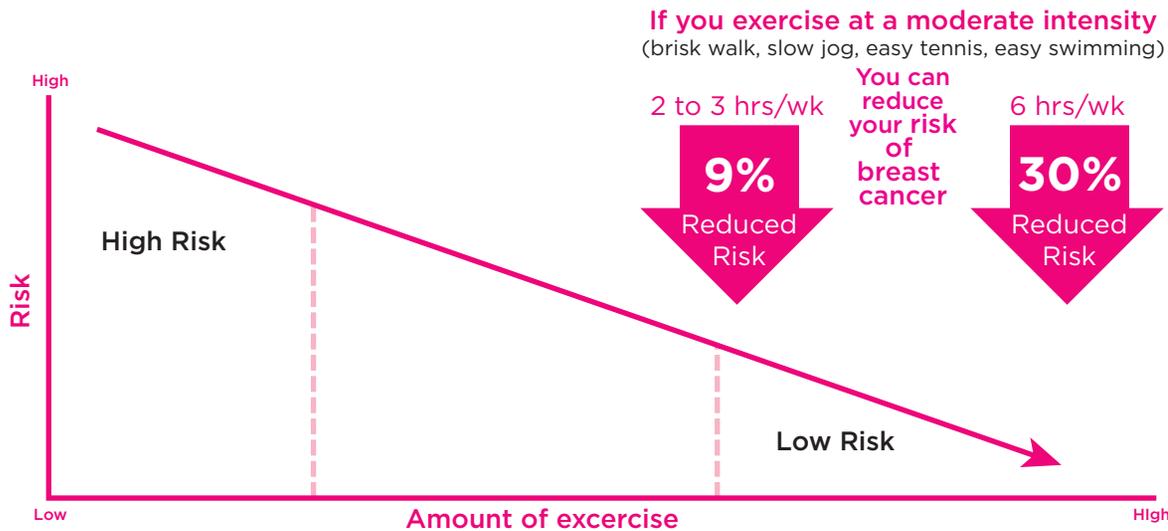


Exercise to Prevent Breast Cancer

Women who exercise for at least 30 minutes each day, 5 days per week, are less likely to get breast cancer.



Get FITT



How often should I exercise?
Work towards exercising 5 days per week.

How hard should I exercise?
Exercise at a moderate or vigorous intensity. You can tell the intensity by how hard it is to talk. During moderate intensity exercise you should be able to comfortably hold a conversation without feeling out of breath. During vigorous exercise you may find it difficult to comfortably hold a conversation.

What type of exercise should I do?
Do aerobic exercises, such as walking, dancing, jogging, swimming, and cycling. All types of aerobic exercise are helpful.

How long should I exercise?
Exercise 20 to 60 minutes per session. Try alternating your exercise sessions between moderate intensity for a longer session and vigorous intensity for shorter sessions.

Already Exercise	5 or more times per week	Moderate to vigorous	Walking, cycling, swimming, skiing	20 to 60 minutes per session
New to Exercise	3 times per week	Moderate	Brisk walking	20 minutes per session (2 to 3 weeks)

How exercise can help

IMMUNE SYSTEM

Exercise may make your immune system stronger, which can help prevent cancer.

HORMONE LEVELS

If you've gone through menopause, exercise may lower your estrogen levels. Lower estrogen levels can help prevent breast cancer.

BODY WEIGHT

Exercise may help you manage your weight. A healthy weight throughout adulthood may reduce your risk of developing breast cancer, heart and blood vessel (cardiovascular) disease, and other health problems.

INFLAMMATION

Inflammation, which is your body's response to injury, is linked to many chronic diseases, including cancer. Exercise may reduce inflammation in your body.



Talk with your doctor before starting an exercise program.

For more information visit:

www.mskcc.org/research/lab/lee-jones
www.cancer.org



Memorial Sloan Kettering
Cancer Center