**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.

**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.

**Get FITT**

- **F FREQUENCY**
  - How often should I exercise?
  - Work towards exercising 5 days per week.

- **I INTENSITY**
  - 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.

- **T TYPE**
  - 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.

- **T TIME**
  - 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.

### Amount of exercise

- **High Risk**
  - High

- **Low Risk**
  - Low

<table>
<thead>
<tr>
<th>Amount of Exercise</th>
<th>High Risk</th>
<th>Low Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>9%</td>
<td>Reduced Risk</td>
</tr>
<tr>
<td>2 to 3 hrs/wk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>30%</td>
<td>Reduced Risk</td>
</tr>
<tr>
<td>6 hrs/wk</td>
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### 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)

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Talk with your doctor before starting an exercise program.

For more information visit:

- [www.mskcc.org/research/lab/lee-jones](http://www.mskcc.org/research/lab/lee-jones)
- [www.cancer.org](http://www.cancer.org)

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