

Exercise To Help Lower Your Breast Cancer Risk

People who exercise are less likely to get breast cancer.

Try to get at least 150 minutes (2 ½ hours) of exercise every week.

You can do this by getting 30 minutes of exercise each day, 5 days a week.

If you exercise at a moderate intensity (brisk walk, slow jog, easy tennis, easy swimming):

2 to 3 hours a week:

↓ **9%** reduced risk

6 hours a week:

↓ **30%** reduced risk

Get FITT

F FREQUENCY: HOW OFTEN SHOULD I EXERCISE?

Try to work up to:

- 5 days a week for most exercise.
- 2 to 3 days a week for strength training.

If You Already Exercise:
5 or more times a week

If You're New to Exercise:
3 times a 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.

- **Moderate intensity:** You can talk without feeling out of breath.
- **Vigorous intensity:** Talking feels hard or uncomfortable.

Moderate to vigorous

Moderate

T TYPE: WHAT TYPE OF EXERCISE SHOULD I DO?

- Do aerobic exercises that raise your heart rate, such as walking, dancing, jogging, swimming, and biking.
- Do strength training exercises that make your muscles stronger, such as weightlifting, bodyweight exercises, and yoga.

Walking, biking, weightlifting

Brisk walking, bodyweight exercises

T TIME: HOW LONG SHOULD I EXERCISE?

Aim for 20 to 60 minutes each time you exercise.

Try to mix it up and do:

- Moderate-intensity exercise for longer sessions.
- Vigorous-intensity exercise for shorter sessions.

20 to 60 minutes each session

20 minutes each session

How exercise can help:



IMMUNE SYSTEM

Exercise may make your immune system stronger. This can help lower your breast cancer risk.



HORMONE LEVELS

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



BODY WEIGHT

Exercise may help you manage your weight. A healthy weight throughout adulthood may lower your risk of getting 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 help reduce inflammation in your body.

Talk with your doctor before starting an exercise program or increasing how much you exercise now.

TO LEARN MORE, VISIT:

www.msk.org/research-areas/research-teams/exercise-oncology-program
www.cancer.org