Importance of Exercise After Diagnosis of Breast Cancer

**Exercise can help**
These are general exercise guidelines. Follow any specific instructions or restrictions that your healthcare team gave you.

### During Treatment

- Studies suggest that regular exercise **after diagnosis** may be associated with:
  - Reduced risk of cardiovascular events, such as heart disease and heart failure, by 20% to 40%
    - People with breast cancer may be at higher risk of cardiac events because of cancer treatments.
  - Reduced risk of cancer recurrence or death from breast cancer by 20% to 50%

### After Treatment

- Studies suggest that regular exercise **after treatment** is associated with:
  - Fewer psychosocial side effects of treatment
    - Improvement in overall quality of life due to higher energy levels and less fatigue.
  - Improvement in physical side effects of treatment
    - Maintenance or improvements in physical fitness, body composition (% of body fat and muscle) and muscle strength.

**Exercise may help people complete treatment as planned with fewer disruptions and delays.**

### 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.

**New to Exercise**

- 3 times per week
  - Moderate
  - Brisk walking
  - 20 minutes per session (2 to 3 weeks)

**Already Exercise**

- 5 or more times per week
  - Moderate to vigorous
  - Walking, cycling, swimming, skiing
  - 20 to 60 minutes per session

**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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