



SURVIVORS' TRAINING™
FACT SHEET

Exercise and Breast Cancer Survivorship

- * Most women diagnosed with breast cancer gain an average of 5 to 13 lbs. in the year following their diagnoses and the weight is retained even after treatment ends.
- * Younger women and women who received chemotherapy are at most risk for weight gain.
- * Being overweight or gaining weight after a diagnosis increases the risk of
 - § Lymphedema
 - § Cancer recurrence
 - § Mortality
- * Exercise substantially cuts the risk of gaining weight during chemotherapy.
- * Regular physical activity after breast cancer diagnosis significantly lowers the chance of a cancer recurrence, regardless of initial treatment or disease stage, by as much as 40 percent.
- * For hormone positive breast cancer, regular physical activity after diagnosis can improve the chances of surviving cancer by an astounding 50 percent, regardless of initial treatment, disease stage, or body weight.
- * Regular physical activity offers numerous other benefits to breast cancer survivors, including improved immune function, reduced fatigue, gains in lean muscle mass and bone density, and improved feelings of well-being.
- * Ideally, regular physical activity should be moderately intense and consist of cardiovascular conditioning, strength training, and flexibility stretching. The American Cancer Society recommends 30 to 60 minutes of exercise five times a week.
- * Contrary to conventional wisdom, professionally supervised weight training DOES NOT increase the risk of lymphedema and may even reduce it.
- * Consult with your healthcare provider before undertaking a new physical activity program.



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