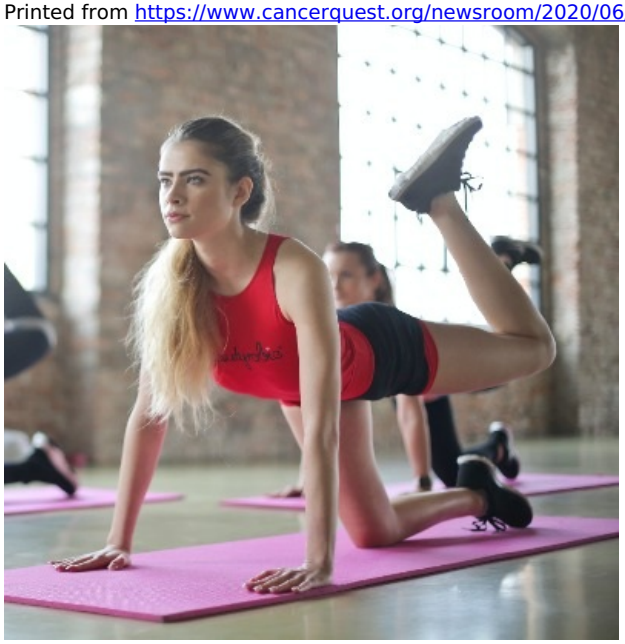
# Exercise Extends Survival Of Breast Cancer Patients

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Before - during - and after cancer treatment. Exercise seems to help!

Research on high-risk breast cancer patients showed that those who exercised at moderate or vigorous levels had better survival than those who didn't. The cancer in patients who exercised was less likely to come back (recur) and they were less likely to die from their disease.

Guidelines from the Health and Human Services recommend 2.5-5 hours of moderate or 1.25 to 2.5 hours of intense exercise per week.

It is never too late to start! Patients who did not exercise before their diagnosis, but began to exercise afterwards still had a significant improvement in their outcomes.

Source
https://www.roswellpark.org/newsroom/202004-roswell-park-reports-extended-survi...