



EXERCISE LOWERS breast cancer risk

In just 30 minutes a day, a woman can lower her risk of breast cancer. You don't need special equipment or a gym. Power walking is a good choice to make a difference!

Exercise lowers breast cancer risk by:

- **Helping you get to a healthy weight.** Being overweight raises the risk of getting breast cancer. This is because fat cells make estrogen that can allow some types of breast cancer cells to grow.
- **Boosting your immune system.** This could help stop or slow the growth of cancer cells.

Source: National Breast Cancer Foundation