

Physical activity

The first part of healthy living involves the energy that you release from your body. Physical activity not only burns energy (calories), but may also help lower the risk of breast cancer. This is because exercise lowers estrogen levels, fights obesity, lowers insulin levels and boosts the function of immune system cells that attack tumors. Here is all it takes to get started:

- If you have been inactive for a long time, are overweight, have a high risk of heart disease or some other chronic health problem, see your doctor before starting an exercise program.
- Build physical activity into your daily routine. All you need is moderate (where you break a sweat) activity — like brisk walking for 30 minutes a day.
- Do whatever physical activity you enjoy most and gets you moving.
- After exercising, think about how good you feel about yourself and your body. Use that feeling to motivate you the next time.

If you are already physically active, keep up the good work.

Weight control

- Gaining weight after menopause increases a woman's risk for breast cancer.
- Weight gain of 20 pounds or more after the age of 18 may increase your risk of breast cancer.
- If you have gained weight, losing weight may lower your risk of breast cancer.



Leading a healthy lifestyle will not eliminate your risk of serious health problems like cancer, but it may lower your risk.

Nutrition

The second part of healthy living involves what you put into your body.

- Eat fruits and vegetables. Strive to eat at least five servings per day.
- Eat whole-grains and cereals. Whenever possible, choose whole-grain breads and cereals.
- Eat fewer high fat foods and sweets.
- Take a daily multivitamin with folate.
- Get plenty of calcium. Your body needs at least 1000 mg each day. You can get it from low-fat milk or yogurt, fortified fruit juices, spinach, kale or calcium tablets.

Alcohol — or the lack of it

The third part of healthy living is limiting alcohol
showed having one serving of alcohol (for example,
a glass of wine) each day improves your health by
developing breast cancer.

Keeping your body free from disease is a big part
a healthy attitude. Here are some ways to help
maintain your emotional health:

balance to your life. Pay attention to yourself
with a friend.

you be healthier and feel better about yourself.
through meditation or prayer can help you
gain inner peace — in spite of what is going on
in your life.

your body

a world of good by avoiding tobacco.

Breast self-awareness

health care, too.

3. Know what is normal for you

Related fact sheets in this series: