



Breast Fitness: An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer

Anne, MD, PhD McTiernan, Julie, MD Gralow, Lisa, MPH Talbott

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Never before has a book so clearly detailed how exercise can reduce the risk for and recurrence of breast cancer, and how women can incorporate a safe and effective exercise program into their lives to fight against the disease. In clear, accessible language, the expert authors explain:

- *How to ascertain your breast cancer risk factors
- *What you can do NOW to prevent Breast Cancer
- *Detailed diet and exercise programs that will keep you healthy and can save your life
- *How to detect breast cancer early
- *Your best lifestyle choices for surviving--and thriving--after diagnosis, and practical steps to maximize your chances of the cancer never coming back.

Want to prevent breast cancer or keep it from coming back? With *Breast Fitness*, Dr. Anne McTiernan, Dr. Julie Gralow, and Dr. Lisa Talbott present the only comprehensive, illustrated guide to the new-found connection between exercise and fighting breast cancer, and what you can do to maximize your chances of living your life breast cancer-free.

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