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Fight Breast Cancer with Exercise (Healthy Lifestyle)

Kerry Courneya, Jeff Vallance

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After a combined 20 years of research compiled from hundreds of studies, we now have compelling, convincing evidence that being active during and after breast cancer treatment is one of the best things to do for physical and mental health. The benefits are seen in patients both during and after treatments. The most recent evidence suggests that physically active survivors live longer and healthier lives with reduced risk of cancer returning. This easy-to-read title shows what you can to live a more cancer-free life easily.

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