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Lifesaving Results (Harvard Medical School Guides) By  
Carolyn Kaelin;Francesca Coltrera;Josie Gardiner**

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Regular exercise is an important part of being as healthy as you can be. More and more research is showing that exercise can reduce the risk of breast cancer coming

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Overview Main description. The only breast cancer recovery program designed by a Harvard doctor and survivor and approved by the American Council on Exercise (ACE)

## **Fitness classes help cancer survivors find a new**

Jan Bradford said Dr. Dennie Dorall's fitness class for cancer survivors has made a big impact on her. who had breast cancer in 1998.

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Exercise is an important component of a cancer survivor s recovery process. Emerging research suggests a decrease in breast cancer recurrence for those who exercise.

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Joy Prouty And Josie Gardiner Practice Workout, Fit Over Fifty, Cancer Survivor S Fitness Plan A Doctor-Approved Workout Plan For a Strong Body

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How important is exercise for breast cancer survivors? Research shows that survivors who exercise regularly live longer,

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Fashion designer and breast cancer survivor Sigrid Olsen began a Pilates program with me just months after her surgery. I had no physical strength in my upper body

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Dec 02, 2008 Some scenes from the new Celebrate Strength! DVD, a fitness DVD made for and by breast cancer survivors. Celebrate Strength! was produced by Survivors

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Exercise for Breast Cancer Survivors. After surviving your breast cancer diagnosis and treatment, you may wonder, if you ll ever regain your strength.

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Eleven years ago, personal trainer and fitness instructor Judy Cerrito was diagnosed with breast cancer. When she looked for an exercise program to help her overcome

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