

Survivorship & A Healthy Lifestyle

Take home points



- Exercise helps decrease your risk of developing breast cancer.
- Having a positive attitude towards healthy eating and exercise will make you more likely to continue.
- Food journaling is a great place to start. There are also many different apps or weight management programs to help you accomplish your goals.

What should I ask my doctor?

- Is it safe for me to exercise?
- Should I lose weight?

Other questions I have...

Other questions I want to ask my doctor.

What I am thinking...

My notes and thoughts.

What I am feeling...

How I feel about this information.
