

Move It Ladies! Exercise May Lower Breast Cancer Risk

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Just reasonable amounts of recreational activity might reduce a woman's breast cancer risk, according to a study published in *Cancer* and reported by [HealthDay News](#).

For the study, researchers at the University of North Carolina collected data on more than 1,500 women with breast cancer and about 1,500 women with no incidence of breast cancer. All the women took part in the Long Island Breast Cancer Study Project.

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<http://beta.docker.realhealthmag.com/article/Exercise-Breast-Cancer-22617-9289>