Move It Ladies! Exercise May Lower Breast Cancer Risk

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Just reasonable amounts of recreational activity mightreduce a woman’s breast cancer risk, according to a study published in Cancerand reported by HealthDay News.

For the study, researchers at the University of NorthCarolina collected data on more than 1,500 women with breast cancer and about1,500 women with no incidence of breast cancer. All the women took part in theLong Island Breast Cancer Study Project.

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