

**FitSmart** JORGE CRUISE

## Cut breast cancer risk

We all know that exercise can improve our health, but finding time for activity can be tough. The good news: It takes as little as 30 minutes a week to realize major benefits.

In a recently released multinational study, researchers revealed that exercising 30 to 150 minutes a week greatly reduced a woman's risk of developing breast cancer. "The prevalence of breast cancer in the

exercise group was 50% lower than in the group of women who did not exercise," says Luke Ratnasinghe, lead researcher in the study. "And it was 70% lower among African-Americans."

Exercise proved to be effective at reducing risk across various racial groups. "It also reduced risk for different types of breast cancer — even aggressive types," Ratnasinghe says.

The study also showed that exercising more than 150 minutes a week didn't reduce risk of the disease any further.

