



Active and Healthy Living Topics for Young Women

Below are topics that you may want to talk about with your doctor *shortly after your diagnosis:*

☐ Exercise during cancer treatment

- Why is exercise good for me now?
- Is it safe for me to exercise?
- What are some moderate and vigorous exercises that I can do?
- Is it okay for me to do weight training?

☐ Starting or continuing to exercise during cancer treatment

- How will my treatment impact my ability to be physically active?
- If I have never exercised regularly, how should I start?
- If I haven't been exercising recently, what are some reasonable goals for me?
- If I am already very active, is it okay to continue at that high level?

☐ Lymphedema

- What is lymphedema?
- What should I do if I have lymphedema, and how can it effect my exercise routine?

☐ Physical activity programs for women with breast cancer

- Are there physical activity programs in area?
- How do I find a certified health trainer who has worked with women with breast cancer?

☐ Diet and healthy living

- Are there any specific things that I should be thinking about related to diet and other health habits at this time?