



Active and Healthy Living Follow-up Topics for Young Women

Below are topics that you may want to talk about with your doctor in long-term follow-up:

☐ **Your physical activity**

- Tell your doctor how many times and for how long you exercise each week. Also, let the doctor know what type of exercise you do (walk, aerobics, etc).
- Let your doctor know if your physical activity has changed since starting treatment so that you and your doctor can set some physical activity goals.

☐ **It is hard to be physically active sometimes**

- If being physically active is not a priority at this time, why should it be?
- Treatment makes me tired, what can I do to overcome this?
- I do not have time to exercise, how can I get the activity I need?
- I feel like I need support, where can I find a support group for women with breast cancer?
- Are there physical activity programs for women undergoing and/or done with treatment in the area?
- How do I find a trainer who has worked with women with breast cancer?

☐ **Family and friends**

- How can I get my family and friends to understand that it is good for me to exercise during and after treatment and how can they help me?

☐ **Starting or continuing to exercise during and after treatment**

- What are some reasonable goals for me?

☐ **Lymphedema**

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

☐ **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?