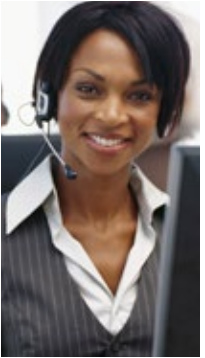




BalanceHealthSM Newsletter

October 2015 | Written by the wellness experts at eni



Breast Cancer Prevention & Walking

Did you know that October is Breast Cancer Awareness Month and National Walking Month? These two monthly commemorations complement each other really well as exercise has been shown to cut down cancer risk.

There are risk factors for breast cancer that cannot be controlled such as age, gender, family history, and hormonal changes. However, risk factors such as obesity can be managed through healthy habits.

Eating a diet rich in foods that are high in antioxidants and anti-inflammatory properties such as salmon, spinach, tomatoes, broccoli, apples, walnuts, olive oil, green tea, beans, and garlic is a great way to control weight and help ward off cancer.

In addition to healthy eating habits, exercise is also a very important cancer prevention tool. In fact, one study published in 2014 showed that exercise could lower breast cancer risk by almost half!

Researchers at the Lawrence Berkeley National Laboratory followed 79,124 women, all of whom were either run-

ners or walkers, for 11 years. Researchers found that the women who met the CDC's aerobic exercise guidelines, which was 2 and a half hours of moderate activity or 1 hour and 15 minutes of vigorous activity per week, were 42% less likely to die of breast cancer during the study than those whose exercise fell short of the guidelines, even after adjusting for body mass index (BMI).

How does this work exactly? Well according to research in Cancer Epidemiology, Biomarkers & Prevention, exercise reduces estrogen's effect on cancer by altering how the body breaks down the hormone into either harmful or benign byproducts.

So, if you want to nearly halve your risk, simply walk briskly for at least 2 and a half hours each week, totally do-able right?!

If you're short on time, a little over an hour of running each week will do the job. The good news is that running and walking offer the same breast cancer protection.

For more information or advice about breast cancer awareness contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





If you are having a hard time getting started with a walking program - have no fear! The Walking Site has developed this easy to follow beginner's schedule that will get you up to the recommended 2 and half hours per week by week 4.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

Before starting any exercise program, be sure to consult your doctor. Also, remember that your wellness coach is available to help you design a walking program that works for you! Finally, check out our [BalanceWorks newsletter](#), which further discusses breast cancer awareness, including early detection, symptoms, risk factors, and healthy habits.

Sources:

Prevention.com
The Walking Site

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