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## Breast Cancer: Why Exercise?

We've heard it numerous times: exercise is good for us. The American Cancer Society recommends that women who have been diagnosed with breast cancer exercise regularly (about 4 hours per week) to improve their quality of life and reduce the risk of developing new cancers. A survey on exercise conducted by Breastcancer.org from October through November 2011 resulted that nearly a quarter of the respondents exercise more than 5 hours per week and 15% exercise 3 hours a week. About 90% of the people who took the survey had been diagnosed with breast cancer, so their commitment to exercise is outstanding!

But what exactly is so good about exercise? Here are the ways exercise can improve your life:

**You'll lower your cancer risk.** Regular exercise lowers the risk of breast cancer coming back, as well as reducing the risk of ever being diagnosed with breast cancer. Exercise also can lower your risk of cancers of the colon, lung, and uterus.

**You'll be able to maintain a healthy weight.** Regular exercise can help individuals to maintain a healthy weight by enhancing muscle mass and the reduction of body fat. Overweight and obese women -- defined as having a **BMI (body mass index)** of over 25 -- have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight, especially after menopause. Being overweight also can increase the risk of the breast cancer coming back (recurrence) in women who have had the disease. This higher risk is because fat cells make estrogen; extra fat cells mean more estrogen in the body and estrogen can make hormone-receptor-positive breast cancers develop and grow.

**You may have fewer and less severe side effects from treatment.** Research suggests that exercise can:

- ease nausea during chemotherapy
- improve blood flow to the legs, reducing the risk of blood clots
- ease constipation by stimulating digestion and elimination systems
- rev up your sex drive and enhance your arousal
- ease fatigue caused by radiation and/or chemotherapy

**You'll live longer.** Though the issue is complex, research suggests that exercise can improve survival for breast cancer survivors. Part of this is due to exercise helping survivors maintain a healthy weight.

**You'll have more energy.** Fatigue is a side effect that many women have during and after treatment for breast cancer. Regular exercise can boost your endurance and help your heart and lungs work more efficiently, both of which give you more energy for the work you do each day.

**You'll have better mobility.** Scar tissue that forms after breast cancer surgery, reconstruction, or radiation can lead to your arm and shoulder muscles feeling tight. Not using your arm and shoulder as much after treatment also can cause the muscles in those areas to lose flexibility. Over time, careful stretching exercises can improve any range of motion issues you may have in your arm and shoulder.

**You'll have more muscle and be stronger.** As most people age, they tend to lose muscle and gain fat. Chemotherapy and hormonal therapy medicines can throw you into sudden menopause, which also can cause muscle mass to decrease. Strength training exercises can help make sure you have more muscle than fat -- which means you'll be able to carry groceries, pick up your pets or grandchildren, and close the lift gate of your car.

**You'll keep your bones healthy.** As you age, you lose bone mass. If you've been diagnosed with breast cancer, maintaining healthy bones is especially important for you. Research shows that some breast cancer treatments can lead to bone loss. Plus, women are about twice as likely as men to develop osteoporosis after age 50. Weight-bearing exercises, such as jogging or walking and strength training, can slow bone loss.

Exercise can also help improve your self-confidence and keep depression away, help you sleep better, and become less stressed.

"Why Exercise?" *Breastcancer.org*, 10 May 2016, <https://www.breastcancer.org/tips/exercise/why>

# Recipe of the Month: Easy Vegan Pumpkin Spice Bagels



**Kristi**



**Damian**



**Toni**



**Michael**



**Abby**



**Eija**

## Directions

1. Preheat oven to 375 degrees. Position rack in upper third of oven. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Place self-rising flour in a stand mixer fitted with the dough hook. Add pumpkin and pumpkin pie spice and mix at low speed until a smooth dough forms, 3-4 minutes. Add a few tbsp water if the dough seems dry or a few tbsp flour if it is sticky.
3. Shape the dough into a disk, then divide into 4 equal pieces. Using your hands, roll each piece into a rope, 9-10 inches long and 3/4 inch wide. Shape each rope into a bagel and place on the prepared baking sheet. Brush the bagels with oil and sprinkle with additional pumpkin pie spice, if desired.
4. Bake in the upper third of the oven until nicely browned on the bottom and lightly browned on top, about 25 minutes. Let cool completely before serving.



Tips: To make whole-wheat self-rising flour, whisk 3/4 cup white whole-wheat flour, 1/2 cup all-purpose flour, 1 1/2 tsp baking powder, and 1/4 tsp salt in a large bowl. To make gluten-free self-rising flour, whisk 1/4 cups gluten-free all-purpose flour, 1 1/2 tsp baking powder and 1/4 tsp salt in a large bowl.

To make ahead: Store bagels in an airtight container or wrap individually and freeze for up to 3 months.

## Ingredients

- 1 1/4 cups self-rising flour, preferably whole-wheat or gluten free
- 1 cup pumpkin puree
- 1/2 tsp pumpkin pie spice, plus more for garnish
- 1 tsp melted coconut oil

Prep: 10min

Ready in: 35min

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