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**Breaking a Sweat Reduces Breast Cancer Risk, Says
Stroller Strides**

SAN MARCOS, Calif. (Grassroots Newswire) October 2, 2009 -- It's well-known that it's good for your waistline, but did you know that exercise can also lower your overall risk for developing cancer? That's the message Lisa Druxman - founder of Stroller Strides, a program that helps new moms get back in shape after having a baby - wants to convey to area residents during Breast Cancer Awareness Month, which is taking place this October.

According to a recent study conducted by the American Association for Cancer Research, regular physical activity has consistently been associated with reduced risk of particular cancers – including breast cancer – in women. Researchers believe that exercise's influence on factors including hormone levels, immune function and body weight may explain the link.

"For women who are not currently participating in a regular fitness routine, this is a compelling reason for them to start," said Druxman. "The most important elements are to break a sweat and to do so on a consistent basis, which means most days of the week."

Druxman says the following additional tips, provided by the MayoClinic:

- **Limit Alcohol:** Research indicates that a link exists between alcohol consumption and breast cancer. The type of alcohol consumed seems to make no difference, however. To protect yourself from breast cancer, consider limiting alcohol to less than one drink a day or avoid alcohol completely.
- **Maintain a Healthy Weight:** Women who weigh more than is appropriate for their age and height have a higher risk of developing breast cancer. This is a prime reason, Druxman says, that establishing a healthy weight should not be strictly an aesthetic pursuit.
- **Regulate the Fat in Your Diet:** A surefire way to maintain a healthy weight is to follow a low-fat diet, which studies have shown can result in a slightly decreased risk of invasive breast cancer in women. For a protective benefit, limit fat intake to less than 35 percent of your daily calories and restrict foods high in saturated fat.

About Stroller Strides

Ranked among Entrepreneur Magazine's Fastest Growing Franchises in 2010, Stroller Strides offers classes in more than 1,000 locations in the United States and Canada. The hour-long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout. To further assist mothers in all aspects of their lives, Stroller Strides partners with LUNA® and BOB®. For more information about Stroller Strides, including class locations, visit www.strollerstrides.com.