Consider joining our study to help us improve heart health and quality of life for women with breast cancer. By joining this study, you will help us better understand how to improve approaches to care for other women diagnosed with breast cancer.

CONTACT US!

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Take **CHARGE**
During Treatment

Study and Fitness Program Intervention

THE STUDY: BREAST CANCER TREATMENT AND HEART HEALTH

There are 2 groups in the study and you may be randomized into one of two groups: the **control** (treatment as usual with exercise guidance) or **intervention** (supervised exercise program).

What is a 'control' group?

- Group receives treatment as usual with exercise guidance
- A control is needed to compare the results of the intervention group to.

What is an 'intervention' group?

- This group will receive treatment as usual and participate in a supervised exercise program
- An intervention group is needed to understand the impact of exercise on quality of life during breast cancer treatment

Control & Intervention

What to expect in the intervention?

- Weekly lifestyle coaching
- Exercise equipment
- Personal tracker
- Perform mild to intense physical activity and resistance training

WHAT IS RANDOMIZATION?

Randomization means that you are selected by chance to participate in either the intervention (the exercise program) or the study control group. You will *not* get to choose your group or change groups.

HOW CAN I PARTICIPATE?

You may be a good fit for this program if you:

- are female and 18 years or older
- have been recently diagnosed with breast cancer
- identify as African-American or Non-Hispanic White

WHAT CAN I EXPECT IF I PARTICIPATE?

You should expect to:

- complete health and fitness assessments
- have blood drawn and undergo a fat biopsy
- be randomized into the control or intervention

Goal IN THIS STUDY, WE WANT TO UNDERSTAND HOW BREAST CANCER TREATMENT IMPACTS THE HEART AND HOW EXERCISE COULD LESSEN THESE IMPACTS