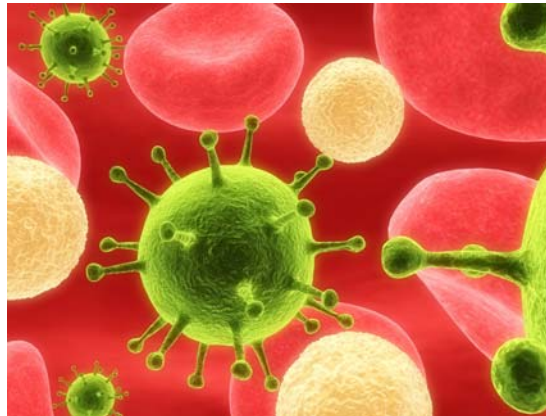


## Women, Fight Cancer...



There are certain things that women can alter in their lifestyle and, hopefully, reduce the risk of developing cancer. A recent study has shown that women who exercise regularly and get a full eight hours of sleep each night helps to bring down the risk of getting cancer.

It has been discovered that regular exercise can help to bring down the risk of cancer in women by 20 percent in a study done by the National Cancer Institute. The fact that exercise has many positive effects on your body such as body weight, immune system functions and hormone functions makes researchers believe that exercise is extremely helpful in reducing the risk of cancer even though there hasn't been an association between exercise and cancer that has been proven.

Research also shows that even if a women exercises it won't help unless she gets a full nights sleep also. Sleeping and exercising go hand in hand. Without the proper amount of sleep the exercise doesn't really matter when reducing cancer risk because it fights the benefits of the exercise. It has been shown that inadequate sleep can actually increase the risk of cancer by 50 percent.

So in the midst of the continuing research start a regular exercise routine with at least 8 hours of sleep each night to stay healthy and lower your chances of getting cancer. Anything to help us stay healthy is worth the effort.