

25 Ways to **STRIKE** Back at Breast Cancer

NUTRITION STRIKES

- Put more plants on your plate!
- Dedicate at least HALF your plate's real estate to fruits & veggies.
- Dining out? Order a double serving of vegetables as a side, plus add a salad for good measure.
- Shop abundantly at farmers markets and freeze extra produce; in January you'll thank yourself.
- Increase the number of meals you cook and eat at home each week.
- Add ½ cup raw or cooked vegetables to whatever you're having for lunch today.
- Aim for at least 25 grams of fiber EVERY day; include beans, veggies, fruit, popcorn, nuts and seeds.
- Cook up a new, health-supportive dish each week to create your own "DAM. MAD." recipe repertoire.
- Eat multicolored meals and snacks by including as many fruit and vegetable VARIETIES as you can.

FITNESS STRIKES

- Do your favorite type of physical activity for 20-30 minutes EVERY day.
- Plan "active vacations" that include opportunities to walk, hike, cycle, kayak, dance or swim.
- Reward yourself for being more active with a new workout outfit, gym shoes or bag – NOT food.
- Weather permitting, take a stroll after dinner to aid digestion and manage weight.
- Include mind/body activities like yoga and Tai Chi; you'll improve balance, strength and flexibility.
- Dedicate at least two days each week to strength training/muscle building exercises.
- Pay attention to the intensity of your workouts; increase it as often (and safely) as you can.
- Aim to reduce "sitting time" (at work and/or home) to less than three hours daily.

WELLNESS STRIKES

- Store and reheat home-cooked and restaurant leftovers in glass vs. plastic or Styrofoam containers.
- Swap your regular cleaning products for non-toxic brands.
- Practice journaling, meditation and quiet contemplation to manage stress and ground yourself.
- Use affirmations, quotes and images that inspire you to take the very best care of yourself.
- Surround yourself with people who share your enthusiasm for self-care.
- Patronize restaurants offering health-supportive, plant-based, fresh food options.
- Get "OBSESSED WITH YOUR CHEST!" Learn what "normal" looks and feels like for your breasts.
- Schedule an annual wellness exam with your general practitioner.
- Dance every. single. day. In your kitchen, your living room, on the street. It will feed your soul!

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