OBJECTIVES

This continuing nursing educational (CNE) activity is designed for nurses and other health care professionals who are care for and educate patients and their families regarding aerobic exercise and treatment for early-stage breast cancer. For those wishing to obtain CNE credit, an evaluation follows. After studying the information presented in this article, the nurse will be able to:

1. Explain the relationship between weight and breast cancer recurrence.
2. Discuss the results of a study aimed at evaluating a structured exercise intervention during treatment of predominately Hispanic women with early-stage breast cancer.
3. List barriers to increasing exercise and how to mitigate them.

This independent study activity is co-provided by AMSN and Anthony J. Jannetti, Inc. (AJJ).

AJJ is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC-COA).

Anthony J. Jannetti, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number, CEP 5387.

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