

Greetings,

October is Breast Cancer Awareness Month – a national campaign focused on creating awareness of the most common cancer among women in the U.S. So this month, we're dedicating our Quickbites issues to talking about breast cancer and how good nutrition, healthy activity, and positive attitudes can make a difference.

We start with [Weight Gain After Breast Cancer: Losing to Win](#). If you or a loved one has been diagnosed with or treated for breast cancer, you may think that losing weight is not the top concern. But, studies have shown that being overweight can increase the risk of breast cancer recurring. This important article discusses how Weight Watchers can help you lose excess weight at a safe rate.

And if you're wondering what to eat to maintain your health, check out [What Does Post-Cancer Nutrition Look Like?](#) for sound advice about meats, fats, fiber and the benefits of a plant-based diet.

Next we're on to activity. Not only can exercising regularly help with weight maintenance, it can also enhance your mood, decrease fatigue and may even play a role in preventing breast cancer from returning. Read [Can Movement Be Medicine?](#) for more of the details.

And finally, in [Success Stories: Stronger Than Ever](#), we meet Sakira, a wife and mother who was diagnosed with breast cancer in 2014. Going through cancer and a mastectomy made Sakira regard her body differently. As she explained, "I recognized that it truly is my temple, and I needed to take care of it." So Sakira joined Weight Watchers OnlinePlus and lost 27 pounds. Today Sakira is an active runner, cross trainer and weight trainer, and looks forward to a bright future with her family by her side.