



BREAST HEALTH HANDBOOK

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“EXERCISE HAS HEALING POWERS”

← “Last September, just a week after I was diagnosed with stage III breast cancer, a friend dragged me to a Pilates class, hoping it might lift my spirits. I’d exercised in fits and spurts over the years but never had a consistent routine. While I loved class, I wasn’t sure if I’d be able to work out during chemo, so I joined the gym on a month-to-month basis.

“To my surprise, Pilates classes were a therapeutic ritual, giving me the strength to deal with the side effects of my cancer treatments. Sculpting my body also made me feel beautiful—which was especially important at a time when I had no hair. And six months later, after a double mastectomy, those toned muscles helped me get back on my feet quickly. I now practice Pilates three times a week. Moving my body makes me feel grounded and strong, and I intend never to stop again.”