

Potentially eligible patients attending routine 'follow-up' consultation at the Duke Breast Cancer Survivorship Clinic



Interested Participants Scheduled for Baseline Assessments
(Assessment #1)

Randomization, n=58/Group (stratified by prior chemotherapy & current endocrine therapy)



Arm 1
Moderate-Intensity Aerobic
Training



Arm 2
Moderate to High-Intensity
Aerobic Training



Arm 3
Attention-Control
(Progressive Stretching)



Assessment #2 (16 weeks post randomization)