



Buddies for Life

Dragon Boat racing is a big part of recovering from breast cancer.

In Calgary, women recovering from and battling the disease can be seen paddling on the Glenmore Reservoir twice a week.

Each one has had or is currently trying to overcome the effects of breast cancer.

And it's no accident they have chosen Dragon Boat paddling as their sport.

For years, doctors warned their breast cancer patients to avoid strenuous upper body workouts.

But Canadian researchers have found that paddling is not only safe, it is actually good for breast cancer patients.

Women who have been treated for breast cancer are at a greater risk of cardiovascular disease and osteoporosis so the upper body workout is important to keep them healthy.

For more information on the Dragon Boat racers, or on CFCN's Buddies for Life program, click on the links above.