

Fit for the Cure

Do good for your health while raising awareness for breast cancer this month.

By Karina Timmel

Breast Friends

Be very supportive—of your girls! Get your workout on with the **Panache** sports bra in pink, which not only reduces boob bounce by 83 percent with its supportive band, underwire and padded straps, it goes all the way up to an—wait for it—H cup! And 10 percent goes to Living Beyond Breast Cancer. What more could a gal ask for? \$68, *intimacy*, Phipps Plaza, @lovepanache



The A-Team

This one's fighting breast cancer instead of crime. Funny girl and actress Christina Applegate, who was diagnosed in 2008, has teamed up with **ASICS** for their first-ever BCA collection. The sports authority has pledged between \$75,000 and \$100,000 to Applegate's Right Action for Women foundation, which launched this year. *GT-1000 PR running sneaker, \$100, and Hera 2-pack headbands, \$16, both at Road Runner Sports, @asicsamerica*

Did You Know? One in every 100 cases of breast cancer occurs in a man.

85

That's the percentage of women with breast cancer who do not have a family history of the disease. However, the risk is higher among women who do.

—American Cancer Society, @americancancer

COPING MECHANISMS

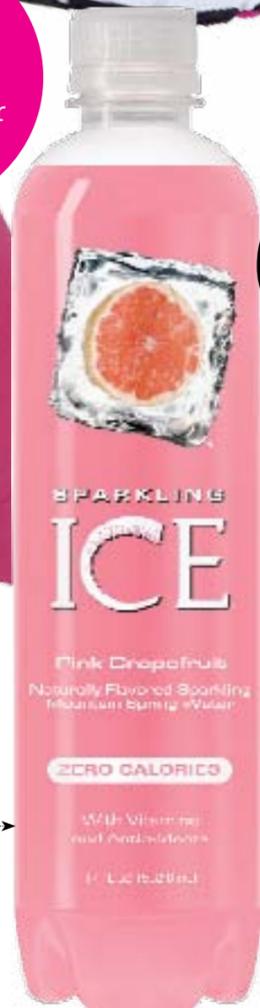
Treatments and, you know, the whole cancer thing, aside, the after-effects of breast cancer—like hair loss and a mastectomy—can leave you and your loved ones wondering what's next. A unique one-stop shop, **Lotus, One Life's Journey** is here to answer just that. The boutique offers patients and their families a sensitive, comfortable environment to buy wigs and sleeping scarves, get fitted for a mastectomy bra and prosthetics, work with a hairstylist, receive cosmetic and massage referrals, and more. Bonus: Most insurance providers will cover some of the costs. *Alpharetta*

Belt It Out

Stash so you can dash—**SPibelt's** limited-edition cancer ribbon belt secures your iPhone, keys, cash and cards without weighing you down during walks and runs. Ten percent of proceeds go to Susan G. Komen for the Cure. Now you're hip to it. \$20, *Big Peach Running Co., @spibelt*

Drink the Pink

Count your blessings, but not your calories, with **Sparkling ICE** pink grapefruit's zero-cal sparkling water. The thirst-quencher will donate 1 cent from each bottle sold to Susan G. Komen for the Cure's Greater Atlanta Affiliate through October. \$1, *Kroger, Publix and Rite Aid, @tr_sparklingice*



Tweet

08/06/12

@yscbuzz YSC encourages young women to know your body and be your own health advocate! #breastcancer #women #health

WHAT'S UP, DOC?

Here's what: You need to learn how to do a good **breast self-exam**, stat. George William Daneker Jr., M.D., chief of staff and chief of surgery at Cancer Treatment Centers of America at Riverdale's Southeastern Regional Medical Center gives the how-to:

- Several days after your period ends each month, lay down on your back, and place the same arm as the breast you are examining behind your head.
- Use your fingertips to pat consistent circles around the area, making sure to touch everything from the nipple to the chest wall and underarm.
- Most bumps are normal, but if you find any lumps that stand out or changes in your lovely lady lumps, go ahead and see your doctor to be sure.

And while it's great that your boyfriend wants to help, practice this solo, ladies.



75

The number of minutes you should walk briskly per week to reduce your risk of breast cancer by 18 percent.

—American Cancer Society, @americancancer

SUPER STRIDES

Get active with one of these BCA events.

It's The Journey, American Cancer Inc., Atlanta
2-Day Walk for Breast Cancer,
Oct. 6–7,
@dothe2

Susan G. Komen for the Cure's Greater Atlanta Affiliate through October.
STRIDES Against Breast Cancer,
Oct. 6 and 27,
@americancancer

Susan G. Komen 3-Day,
Oct. 19–21,
@the3day

Downward, Duh!

It's a no-brainer—the next time you strike a pose, do it on **Gaiam's** new pink ribbon yoga mat. Not only is it pretty in pink, but \$1 of each sale goes to the Breast Cancer Research Foundation. Christmas is coming up, you know... \$22, *Target, @gaiam*

Give It the Kicks

Need some workout motivation? Writing the name of your loved one who has faced breast cancer in the tab of these **K-Swiss** Stand Up To Cancer Kwicky Blade-Light sneakers should do the trick. Five dollars of each purchase will be donated to Stand Up To Cancer. Run with it. \$135, *Finish Line, @kswiss*



Do-Good Dance

Party your butt off—literally, you'll burn some major cal!—at a **Zumbathon** this month. Zumba's high-spirited global dance party will crash several gyms in the ATL area, and an amazing 75 percent of ticket sales go to Susan G. Komen for the Cure. But before you head, get fitted with their stylin' Party in Pink apparel and accessories—25 percent of which also goes to Komen. *Zumbathons at Glitter's Fitness Club, Downtown, and Smyrna Community Center. Cargo pants, \$60, and 1-lb. toning sticks, \$20, both at zumba.com, @zumba*

