**Inclusion and exclusion criteria of the BREX study**

|  |
| --- |
| **Inclusion criteria** |
| Histologically proven invasive breast cancer T1-4 N0-3 M0 |
| Pre- or postmenopausal breast cancer patients treated with adjuvant chemotherapy and/or endocrine therapy |
| Age 35 to 68 years |
| Signed informed consent prior to beginning trial specific procedures |
|  |
| **Exclusion criteria** |
| Male sex |
| Prior malignancy except basal cell carcinoma or in situ carcinoma |
| No systemic adjuvant therapy |
| Postmenopausal women with only antiestrogens (+/- radiotherapy) as adjuvant therapy |
| Pregnancy or recent lactation (<1 year) |
| Severe cardiac disease (NYHA ≥3), myocardial infarction within 1 year or uncontrolled hypertension |
| Verified osteoporosis (proximal femur or lumbar spine T-score<-2.5 or fracture without trauma) |
| Concomitant medication affecting calcium and bone metabolism such as bisphosphonates, calcitonin, PTH, SERMs, oral corticosteroids >6 months, anticonvulsants phenytoin or carbamatsepine, prolonged heparin therapy |
| Other diseases affecting calcium and bone metabolism such as hyperthyroidism, newly diagnosed hypothyroidism, primary hyperparathyroidism, renal failure, chronic hepatic diseases, organ transplant |
| Other serious illness or medical condition, which could be contradiction to exercise |
| Patient not capable of training (severe knee arthrosis, severe ligament or cartilage injuries of lower extremities) |
| Residence > one hour from the exercise center |
| Competitive athlete |