

# Understanding Physical Activity Maintenance in Breast Cancer Survivors

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**Objectives:** To examine predictors of physical activity (PA) 6 months after a randomized controlled trial. **Methods:** Breast cancer survivors (N=377) completed assessments at baseline, postintervention, and 6 months after the intervention. Data were collected on demographic, medical, psychosocial, motivational, and behavioral variables at baseline, postintervention, and 6 months. **Results:** Survivors meeting PA guidelines at baseline (OR=5.54,

95% CI=2.99-9.82, P<0.001) and postintervention (OR = 2.92, 95% CI=1.63-5.23, P<0.001) had a greater likelihood of meeting PA guidelines at 6 months follow-up. **Conclusions:** Interventions promoting PA maintenance should focus on optimizing PA behavior, psychosocial functioning, and motivation.

**Key words:** breast cancer, physical activity behavior, follow-up, theory of planned behavior, adherence.

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