Participants will be followed for 10 years. Breast cancer occurrence will be recorded. Data will be analysed for associations between modifiable lifestyle risk factors for breast cancer and breast cancer occurrence.

### Baseline Assessment

- Body composition, metabolic syndrome, physical activity and dietary intake measured. PBMC's will be isolated and DNA will be extracted from these samples.

### Annual Questionnaire

- Changes in lifestyle risk factors will be recorded annually using postal questionnaires.

### Assessment 2: Two Years

- Body composition, metabolic syndrome, physical activity and dietary intake will be measured.

### Annual Questionnaire

- Changes in lifestyle risk factors will be recorded annually using postal questionnaires.

### Assessment 3: Five Years

- Body composition, metabolic syndrome, physical activity and dietary intake will be measured.

### Annual Questionnaire

- Changes in lifestyle risk factors will be recorded annually using postal questionnaires.

Participants will be followed for 10 years. Breast cancer occurrence will be recorded. Data will be analysed for associations between modifiable lifestyle risk factors for breast cancer and breast cancer occurrence.