While cardiovascular disease (CVD) is a leading cause of mortality in the United States, it is particularly devastating for women who have been diagnosed with cancer and have undergone antineoplastic therapy. The pro-inflammatory nature of cancer in conjunction with “cardiotoxic” medication therapies presents this population with unique risk of CVD development. As nursing science works to best develop treatment plans including affordable, accessible, and efficacious preventative interventions, there is currently very little research discussing the effect of strength training on CVD risk in women with cancer survivorship. **Methods:** This secondary data analysis of the GET FIT trial (2012) by Winters-Stone, K. et al., explores the effectiveness of a 6-month strength training regimen in comparison to both tai chi and relaxation with stretching (control) in CVD risk reduction. First, the data analysis compares the change in CVD risk in four routinely measured categories: Framingham Risk score, systolic blood pressure (SBP), diastolic blood pressure (DBP), and BMI. Secondly, the analysis compares the change in CVD risk as measured by serum biomarkers related to five processes related to CVD pathogenesis: lipid profile, systemic inflammation, atherosclerosis, platelet activation, and insulin resistance. Together, these comparisons provide an insight into the comparative effectiveness of each of the two interventions versus the control. **Results:** Regarding the general measurements, the control group yielded a statistically significant reduction in DBP, tai chi yielded no significant reductions, and strength training yielded significant reductions in all four categories. Regarding biomarkers, control did not display any significant findings, tai chi demonstrated significant reduction in TNFalphaR, and strength training yielded significant reduction in five categories. **Conclusion:** Yielding statistically significant reductions in all four general risk categories and 5 of the biomarker categories, strength training demonstrated greater CVD risk reduction than both tai chi and control. These findings suggest that this intervention should be researched further in the context of CVD risk mitigation.