



# PHYSICAL ACTIVITY AND CANCER: REDUCING YOUR RISK

GETTING REGULAR PHYSICAL ACTIVITY  
**EVERY DAY**  
**IN ANY WAY**  
LOWERS RISK FOR CANCER

## WALK MORE AND SIT LESS

AIM TO GET AT LEAST  
**150 MINUTES**  
**A WEEK**

FOR MORE PROTECTION, BE ACTIVE FOR  
**45 - 60 MINUTES EVERY DAY**

BEING PHYSICALLY ACTIVE  
REDUCES RISK OF BREAST, COLON  
AND ENDOMETRIAL CANCERS

PHYSICAL ACTIVITY MAY  
DECREASE RISK OF LIVER AND  
ESOPHAGEAL CANCERS AND  
IMPROVE SURVIVAL AFTER  
BREAST CANCER

ACTIVITY CAN HELP WITH WEIGHT  
CONTROL AND IMPROVE QUALITY OF LIFE