

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