

# PHYSICAL ACTIVITY

Physical activity may reduce the risk of several types of cancer, including breast, colon, endometrium (lining of the uterus), and prostate. A physically active lifestyle can also lower a person's risk of other health problems such as heart disease, high blood pressure, diabetes, and osteoporosis as well as help to prevent weight gain and obesity.



## Physical Activity for Cancer Survivors

- Take part in physical activity every day
- Avoid inactivity and return to normal daily activities as soon as possible
- Aim to exercise at least 150 minutes per week
- Include strength training exercises at least two days per week
- Build activity into daily routine, such as going on a walk
- Discuss a personalized exercise plan with cancer care team

## Moderate vs. Vigorous Activity

Moderate intensity activities typically require effort equal to a brisk walk. Examples include walking, golfing, yoga, and gardening.

Vigorous intensity activities typically cause an increased heart rate, deeper and faster breathing, and sweating. Examples include jogging, running, bicycling, and swimming.

Adults should get at least 150 minutes of moderate or 75 minutes of vigorous activity each week, or a combination of both, in addition to normal routine activities.

## Limit Sedentary Behavior

Regardless of activity level, extended sedentary time has an impact on overall health, including an increased risk of obesity and some cancer types. Examples of sedentary behavior include sitting, lying down, watching television, working on a computer, and other types of screen-based activities.

Tips to reduce sedentary behavior:

- Limit screen time
- Do exercises while watching television
- Use the stairs instead of the elevator
- Stretch and walk during work breaks
- Walk to a co-worker's office instead of calling or sending an email
- Take a break from driving to stretch and take a walk

A little bit of physical movement is much better than none. If you have not been active, start slowly and build up over time.

# References & Resources

American Cancer Society, ACS Guidelines for Nutrition and Physical Activity

<http://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html>

American Cancer Society, Can I Do Anything to Prevent Cancer Recurrence?

<http://www.cancer.org/treatment/survivorship-during-and-after-treatment/understanding-recurrence/can-i-do-anything-to-prevent-cancer-recurrence.html>

American Cancer Society, Diet and Physical Activity: What's the Cancer Connection?

<http://www.cancer.org/cancer/cancer-causes/diet-physical-activity/diet-and-physical-activity.html>

American Cancer Society, Nutrition and Physical Activity During and After Cancer Treatment: Answers to Common Questions

<http://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition-and-physical-activity-during-and-after-cancer-treatment.html>

National Institute for Health, National Cancer Institute, Physical Activity and Cancer

<https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet#how-might-physical-activity-be-linked-to-reduced-risks-of-cancer>

Livestrong at the YMCA offers assistance to cancer survivors in regaining strength and connecting with other survivors. **Visit [livestrong.org/ymca-search](http://livestrong.org/ymca-search) for a list of locations.**

Visit [health.mo.gov/cancer](http://health.mo.gov/cancer) for more important tips on surviving cancer.



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