

# PHYSICAL ACTIVITY & CANCER



## Did you know...

- Only 31% of adults 18 years of age and over engage in regular leisure-time physical activity.
- 37% of adults report they are not physically active. Only 3 in 10 adults get the recommended amount of physical activity.
- One quarter of U.S. children spend 4 hours or more watching television daily.
- 16% of our youth did not participate in at least 60 minutes of physical activity on any day during the 7 days before taking the 2009 Texas Youth Risk Behavior Survey
- 49,000 cases of breast cancer and 43,000 cases of colon cancer might be avoided if people simply spend less time being sedentary
- If physical activity guidelines are adhered to, it will lower your chance of breast cancer and colon cancer by 25-30% percent and reduce endometrial cancers by 30-35%.
- Women who get 30-60 minutes of moderate to vigorous physical activity lower breast cancer risk by 20-30%.
- Physically active men and women have a 30-40% reduction in relative risk for colon cancer.
- For each additional hour of physical activity a week, breast cancer risk decreases by 6%.
- One-third of the most common cancers can be prevented through healthy eating and regular physical activity.



## How much physical activity do we need?

- Adults should get at least 150 minutes of moderate to vigorous physical activity (MVPA) each week.
- Children and adolescents should get 60 minutes of MVPA each day.



## What is Moderate to Vigorous Physical Activity?

- Moderate activity is an activity that elevates the heart rate and takes more effort than regular everyday activities such as hiking, dancing, gardening, and walking at a brisk pace
- Vigorous activity is the incorporation of larger muscles working at full potential and is often coupled by faster and deeper breathing such as running, playing a basketball game, and swimming laps.



## Additional Health Benefits:

- Along with lowering the chance of breast cancer and colon cancer following the physical activity guidelines lowers risk of early death, coronary heart disease, stroke, high blood pressure, adverse lipid profile, type II diabetes, metabolic syndrome, obesity, and depression.



## Make Time + Break Time = Cancer Prevention

- New research has shown that reducing cancer is not just about spending more time at the gym, but spending less time sitting.
- Daily activities add up to an average of 15.5 hours/day of sitting even with a 30-minute daily exercise routine.
- Key is to get rid of sedentary lifestyle by taking 1-2 minute breaks for every hour of sitting.



## Tips for becoming more physically active:

- Go on walks with your family around your neighborhood.
- It all adds up—get your physical activity with three or four shorter 15-minute bursts throughout the day.
- Take 1-2 minute breaks for every hour of sitting you do.
- Take the stairs whenever possible.
- Don't drive everywhere; walk when possible.
- Scout out local parks and playgrounds in your neighborhood for your family to play and get exercise.

## References:

- 1) 2008 Physical Activity Guidelines for Americans: Be Active, Healthy, and Happy! US Dept. of Health & Human Svcs.
- 2) SEER Cancer Stat Fact Sheets, NCI.
- 3) "A Systematic Review of the Evidence for Canada's Physical Activity Guidelines for Adults". IJBNPA, 2010.
- 4) Cancer Stats. American Institute for Cancer Research, 2008."
- 5) *President's Council on Physical Fitness and Sports*. Dept. of Health & Human Svcs, 2011.
- 6) Faststats: Exercise or Physical Activity. CDC, 2010