

Research shows a strong relationship between regular physical activity and a reduced risk of developing

13 TYPES OF CANCER

MORE = LESS

REGULAR PHYSICAL ACTIVITY CAN REDUCE ONE'S RISK FOR 13 TYPES OF CANCER

CANCER CAN BE A DEVASTATING DISEASE, BUT A NEW STUDY SUGGESTS ONE SIMPLE LIFESTYLE CHANGE MAY HAVE A GREATER IMPACT THAN PREVIOUSLY THOUGHT TO REDUCE ONE'S RISK OF DEVELOPING IT.



THE BENEFITS OF EXERCISE ARE ENDLESS.

Aside from helping a person manage their BMI (body mass index), it plays a significant role in regulating a person's level of insulin and controlling growth factors in their bloodstream, which have been shown to cause cancer.

Cancer growth may be initiated or helped by

3 METABOLIC PATHWAYS

that are also affected by exercise.

- **SEX STEROIDS** – such as estrogen and androgens
- **INSULIN AND INSULIN LIKE GROWTH FACTORS**
- **PROTEINS** – involved with both insulin metabolism and inflammation.



OTHER NON-HORMONAL MECHANISMS that can be affected by exercise and play a role in cancer production include **immune function**, **oxidative stress** and the **amount of time it takes waste to pass through the gastrointestinal tract**.

INDIVIDUALS SHOULD KEEP IN MIND THE FOLLOWING POINTS ABOUT EXERCISE AND CANCER PREVENTION:



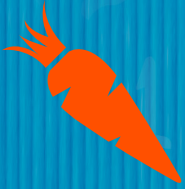
THE RIGHT EXERCISE – moderate to vigorous activity such as walking, running and swimming.

150 = 7
MINUTES DAYS



BE ON THE MARK – Make it a goal to maintain a normal body weight, which can be measured by your **BMI**.

BMI BETWEEN
20/25



DON'T FORGET DIET – Shift your focus to plant-based diets that have also shown to decrease the risk of cancer. Cut back on processed meats, red meat and excessive alcohol use.



AVOID SUPPLEMENT CLAIMS – Supplements are often touted as preventing cancer. Be careful of claims and discuss with your doctor any use of supplements.

For more information on exercise and cancer or to find a Premier HealthNet provider near you, visit premierhealthnet.com/provider.

SOURCES: Chandan Gupta, MD, Monroe Medical Center; Anxiety and Depression Association of America (ADAA)