

Physical Activity and Cancer Prevention

SIMMONS CANCER INSTITUTE
AT SOUTHERN ILLINOIS UNIVERSITY



It is estimated that 20 to 30 percent of the most common cancers in the United States may be related to being overweight and/or physically inactive. These cancers include breast, prostate, colon, kidney, and uterine cancers.

Recent studies indicate that up to 14 percent of cancer deaths in men and 20 percent of cancer deaths in women may be attributable to being overweight and obesity.

Not only is physical activity important for reducing the risk of certain cancers, it's beneficial in reducing other chronic diseases such as heart disease. Physical activity helps to maintain a healthy body weight. However, despite the compelling evidence of physical activity benefits, most Americans do not engage in regular physical activity. Being physically active and eating a diet low in fat and high in fruits and vegetables will help to maintain a healthy body weight.

The U.S. Centers for Disease Control and Prevention recommend that adults engage in moderate-intensity physical activity a minimum of 30 minutes for five or more days a week or engage in vigorous-intensity physical activity for a minimum of 20 minutes on three or more days a week.



Examples of Physical Activity

Moderate-intensity physical activity include:

- Walking
- Aerobic dancing
- Recreational swimming
- Gardening and yard work
- Moderate housework
- Hiking

Vigorous-intensity physical activity include:

- Running
- Bicycling (more than 10/mph)
- Step aerobics
- Circuit weight training
- Most competitive sports

These are just a few examples of types of physical activity. For additional information on physical activity and types of activity visit: www.cdc.gov/nccdphp/dnpa/physical/measuring and www.acsm.org.

Contact Information

For more information about the Simmons Cancer Institute at SIU or any of our programs, *contact us at 217-545-6818 or visit us at www.siumed.edu/cancer.*

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