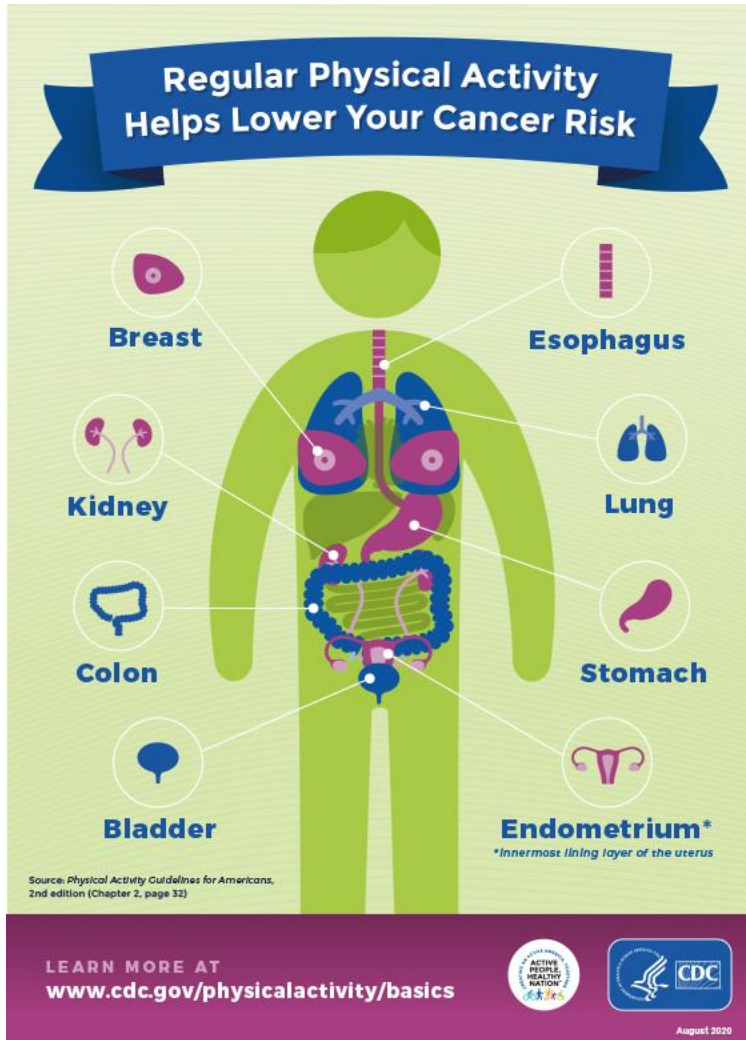


# Physical Activity and Cancer

Being physically active lowers your risk for developing several commonly occurring cancers.



## Regular Physical Activity Helps Lower Your Cancer Risk

Picture of body identifying 8 cancers for which regular physical activity can help reduce risk.

- Bladder
- Breast
- Colon
- Endometrium (innermost lining layer of the uterus)
- Esophagus
- Kidney
- Lung
- Stomach

