



Volume L

## Food, Fitness and Cancer: What's the Connection?

***Did you know that daily habits like diet and exercise are among the most important factors in your risk for cancer?*** Being overweight or obese increases the risk of several cancers, including cancers of the breast (among women after age 50), colon, endometrium, esophagus, and kidney.

For the majority of Americans who do not smoke, the most effective way to reduce cancer risk is by eating a healthy diet, maintaining a healthy weight, and being physically active.

While it has long been an accepted fact that physical activity reduces one's risk of heart

disease, it's not as well known that physical activity can also reduce the risk of cancer.

Physical activity works in a variety of ways to reduce risk, for instance by helping control weight and by influencing hormones. How much is enough?

- Adults should be moderately active for at least 30 minutes on 5 or more days per week.
- For kids, the recommendation is 60 minutes or more.

### DID YOU KNOW ...



**One-third of cancer deaths that occur in the US annually are due to unhealthy diet and insufficient physical activity.**

***Wonder if your eating and activity habits increase your cancer risk?***

**[Take the Great American Eat Right Challenge and find out.](#)**

*Get tips on shopping and cooking, controlling portion sizes, healthful eating in restaurants, and access healthy recipes – all online!*