CAN PHYSICAL ACTIVITY DECREASE YOUR RISK OF DEVELOPING CANCER?

Bernstien & Clague (2012) found that “Evidence suggests that physical activity may also reduce the risk of endometrial and ovarian cancer, and may possibly reduce the risk of prostate and lung cancer.”

A study published in The Journal of Nutrition found an average decrease in:
- Colon cancer of 40-50%,
- Breast cancer of 30-40%,
- Lung cancer of 30-40%,
- Endometrial cancer of 30-40%, and
- Prostate cancer of 10-30% associated with physical activity.

Physical Activity can help lower these risk factors associated with developing cancer:
1. Obesity
2. Insulin Resistance
3. Inflammation
4. Immune System Function
5. Hormones

Bernstien & Clague (2012) found that “Compelling evidence exists for inverse relationships between physical activity and risk of breast and colon cancers.”