

# CANCER PREVENTION

## SEPTEMBER FLYER

### PHYSICAL FITNESS

*How does it relate to my risk of cancer?*

Firefighters are diagnosed with cancer at a rate that is **FIVE TIMES** that of the general population.

In May 2016, the American Cancer Society and National Cancer Institute Researchers released a study that links leisure-time physical activity to a lower risk for 13 specific types of cancer.



*Scan the QR code for more information.*



The American Cancer Society recommends adults get at least 150 minutes of moderate exercise, or at least 75 minutes of vigorous exercise per week to aid in the prevention of cancer.

Moderate activity is anything that slightly increases your heart rate and breathing, such as a brisk walk.

Vigorous activity includes higher intensity work utilizing large muscle groups. You will see a noticeable increase in heart rate, breathing, and sweating.

*Exercise helps you maintain a healthy weight, aids in the regulation of hormones, and speeds digestion, reducing the time that potentially harmful substances are in the colon.*

