

Exercise For Cancer Prevention and Treatment



colon cancer



breast cancer



stomach cancer

For all adults, exercise is important for cancer prevention and specifically lowers risk of **seven common types of cancer:**



endometrial cancer



esophageal cancer



bladder cancer



kidney cancer



Exercising during and after cancer treatment:

- decreases fatigue, anxiety and depression
- improves physical function and quality of life
- does **NOT** exacerbate lymphedema



For cancer survivors, incorporate exercise to improve survival after a diagnosis of breast, colon and prostate cancer