



Benefits of Exercise for Cancer Prevention and Recurrence

-  **1 10-20% lower risk** of developing several common cancers including breast, colon, and prostate with regular physical activity
(McTiernan et al., 2003; American Cancer Society, 2020).
-  **2 50% reduction** reduction of recurrence or mortality risk for cancer survivors who achieve at least 18 MET-hours/week of activity (approx. 6 hrs of walking)
(Irwin et al., 2009).
-  **3** Physical activity after cancer diagnosis significantly reduces mortality risk and improves survival, especially in breast and colorectal cancer
(Courneya et al., 2004).
-  **4** Exercise enhances immune function, increasing activity of natural killer cells and macrophages associated with anti-tumor effects
(Rajarajeswaran & Vishnupriya, 2009).
-  **5** Cancer survivors who exercise regularly report higher quality of life, increased functional ability, and improved mood, with lower risk of recurrence
(Saxton & Daley, 2010).
-  **6** Physical activity relieves major treatment side effects, such as fatigue, depression, and loss of mobility, and supports daily independence
(Herath et al., 2015; Turbitt et al., 2015).
-  **7 150 mins/week** recommended minimum of moderate aerobic activity and resistance training for most cancer survivors from clinical guidelines
(American College of Sports Medicine, 2019).
-  **8** Exercise is safe and feasible for nearly all cancer patients and survivors, and is strongly recommended by major oncology and exercise organizations
(National Cancer Institute; NCCN Guidelines; Cancer Exercise Training Institute).



References

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