



Benefits of Exercise for Cancer Prevention and Recurrence



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).



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).



Physical activity after cancer diagnosis significantly reduces mortality risk and improves survival, especially in breast and colorectal cancer (Courneya et al., 2004).



Exercise enhances immune function, increasing activity of natural killer cells and macrophages associated with anti-tumor effects (Rajarajeswaran & Vishnupriya, 2009).



Cancer survivors who exercise regularly report higher quality of life, increased functional ability, and improved mood, with lower risk of recurrence (Saxton & Daley, 2010).



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).



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).



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).



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