



Exercise may keep some cancers away

A recent study from the National Cancer Institute and the American Cancer Society says the most active people have a lower risk of getting 13 different types of cancers. The study said the most active people saw the most benefit, but even moderate exercise (150 minutes per week) was still very helpful. Examples of moderate exercise are walking, swimming and running.

According to the study, people who exercise regularly have a lower risk of:

- Colon cancer
- Breast cancer
- Endometrial (uterine) cancer
- Esophageal adenocarcinoma
- Liver cancer
- Cancer of the gastric cardia
- Kidney cancer
- Myeloid leukemia
- Myeloma
- Cancers of the head and neck, rectum and bladder