



## The Power of Exercise

Many studies have shown that physically active women have a lower risk of breast cancer than those who are inactive.

Cancer.gov includes a 2016 meta-analysis that found:

- The most physically active women had a 12–21% lower risk of breast cancer than those who were least physically active.
- Physical activity has been associated with similar reductions in risk of breast cancer among both premenopausal and postmenopausal women.
- Women who increase their physical activity after menopause may also have a lower risk of breast cancer than women who do not.

Not only is physical activity linked to a reduced risk of several chronic diseases, including breast cancer, but it can offer positive impacts on the survival of patients diagnosed with breast, colorectal and prostate cancers.

According to the CDC:

- Regular physical activity is one of the most important things people can do to improve their health.
- The recommended amount of physical activity per week varies by age and other factors.
- Remember that some activity is better than none.