Primary Prevention – Physical Activity

**Physical Activity and Cancer:** Reducing Your Risk

*Getting regular physical activity every day in any way lowers risk for cancer.*

**Walk More and Sit Less**

- Aim to get at least 150 minutes a week for more protection. Be active for 45-60 minutes every day.

**Limit Sedentary Behavior.**

- On-screen entertainment
- Sitting around
- Lying down
- Playing sports
- Walking or running
- Other physical activities

**Make Time for Break Time**

This graphic illustrates how different amounts of activity influence certain much-studied indicators of cancer risk. Other factors like eating smart, staying lean, and not smoking also may lower cancer risk.

**Daily Activity**

- Ann
- Mike
- Kim
- Joe

**Cancer Risk**

Types of activity: Moderate/Vigorous, Break, Sedentary

**Activity Can Help With Weight Control and Improve Quality of Life**

**Being Physically Active Reduces Risk of Breast, Colon, and Endometrial Cancers**

**Physical Activity May Decrease Risk of Liver and Esophageal Cancers and Improve Survival After Breast Cancer**
Nebraska - All available years
During the past month, did you participate in any physical activities? (variable calculated from one or more BRFSS questions) (Crude Prevalence)
View by: Overall
Response: (All)

Nebraska - All available years
Participated in muscle strengthening exercises two or more times per week (variable calculated from one or more BRFSS questions) (Crude Prevalence)
View by: Overall
Response: (All)

Nebraska - All available years
Participated in enough Aerobic and Muscle Strengthening exercises to meet guidelines (variable calculated from one or more BRFSS questions) (Crude Prevalence)
View by: Overall
Response: (All)

Nebraska - All available years
Participated in 150 minutes or more of Aerobic Physical Activity per week (variable calculated from one or more BRFSS questions) (Crude Prevalence)
View by: Overall
Response: (All)