



DID YOU KNOW?

- Two out of three adults in the United States are overweight or obese.
- Men in the US have a 1-in-2 lifetime risk of developing cancer, while women have a 1-in-3 lifetime risk.
- About half of cancer deaths could be prevented with healthy lifestyle choices, such as maintaining a healthy weight through diet and regular exercise, avoiding tobacco products, and getting regular cancer screening tests.

Think you don't have time to add physical activity to your day?

Consider these simple substitutions:

- Use the stairs instead of the elevator.
- Walk or bike to your destination.
- Be active at lunch with your coworkers, family, or friends.
- Take a 20-minute activity break at work to stretch, or take a quick walk.
- Walk to visit coworkers instead of sending an email.
- Wear a pedometer to track your daily steps.
- Join a sports or recreation team.

Whether you set aside time to exercise or do short bursts of activity throughout your day, plan your activity routine to slowly increase the days per week and minutes per session. Remember, the most important thing is to get up and get moving.

Visit cancer.org/healthy to learn more.

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