For cancer survivors, incorporate exercise to improve survival after a diagnosis of breast, colon and prostate cancer.

Exercising during and after cancer treatment:
- decreases fatigue, anxiety and depression
- improves physical function and quality of life
- does NOT exacerbate lymphedema

For all adults, exercise is important for cancer prevention and specifically lowers risk of **seven common types of cancer**:
- breast cancer
- colon cancer
- endometrial cancer
- stomach cancer
- esophageal cancer
- kidney cancer
- bladder cancer