Exercise For Cancer Preventionand **Treatment**







breast cancer



For all adults, exercise is important for cancer prevention and specifically lowers risk of **Seven** common types of cancer:



endometrial cancer









Exercising during and after cancer treatment:

- decreases fatigue, anxiety and depression
- improves physical function and quality of life
- does NOT exacerbate lymphedema



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



