PHYSICAL ACTIVITY AND CANCER

HOW IS PHYSICAL ACTIVITY ASSOCIATED WITH CANCER?

1. Evidence of higher levels of physical activity has been linked to lowered risks of 7 different cancers, including bladder, breast, colon, endometrial, esophageal adenocarcinoma, kidney, and stomach. [3]
2. Physical activity 1) helps regulate insulin levels, 2) improves immune and digestive system functions, 3) reduces inflammation, and 4) helps prevent obesity. [3]

PHYSICAL ACTIVITY IN GEORGIA

49.1% Georgia's adults aged 18+ years met the national recommendation for moderate-intensity physical activity (2019) [1]

38.2% Georgia's adults aged 18+ years met the national recommendation for muscle strengthening activity (2019) [1]

70% Georgia's population has access to locations for physical activity (2021) [2]

MODERATE-INTENSITY PHYSICAL ACTIVITY

National recommendation [4]**:**
150-300 minutes per week
(2.5-5 hours per week)

Examples: brisk walking, swimming, biking, yoga, line dancing, yard work, exercise class, etc.

VIGOROUS-INTENSITY PHYSICAL ACTIVITY

National recommendation [4]**:**
75-100 minutes per week
(1 hour 15 minutes-1 hour 40 minutes per week)

Examples: running, jogging, jump roping, tennis, hiking, step aerobics, etc.

MUSCLE STRENGTHENING ACTIVITIES

National Recommendation [4]**:**
2 or more days per week

Examples: weight lifting, push ups, pull ups, planks, etc.

Reference
1.Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed May 12, 2022]. URL: https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html.
2. County Health Rankings and Roadmaps. (n.d.). Access to exercise opportunities in Georgia. https://www.countyhealthrankings.org/app/georgia/2022/measure/factors/132/map
3. National Cancer Institute. (2020, February 10). Physical activity and cancer. https://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet
4. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

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