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Don't Just Sit There



Stay active all day to reduce cancer risks

Did you know that sitting for 6 or more hours daily can elevate your chances of dying from cancer and other major diseases – even if you maintain a healthy weight and don't smoke?

This startling finding emerged from a review of data from the American Cancer Society's Cancer Prevention Study II (CPS-II). Researchers concluded that:

- Women who sat for six or more hours daily faced a 37% greater risk of death as compared to those who sat for three hours or less.
- For men, the increased risk of death for those who sat at least six hours daily was 17%.
- Those who did not exercise regularly and also sat for long periods faced even greater mortality rates – a startling 94% higher for women and 48% higher for men.

Easy ways to get moving

Of course, these deadly patterns reflect health issues beyond cancer – conditions such as heart and respiratory disease and diabetes, to name a few.

Even so, the link between physical activity and cancer prevention has been confirmed through decades of research.

What to do if you have a “desk job” – or drive for several hours at a stretch every day? Here are helpful suggestions from our experts for adding bursts of activity to your daily routine.

- Take the stairs whenever possible.
- Exercise at lunch with colleagues or friends.
- Visit co-workers in person instead of e-mailing.
- Walk or bike when doing personal errands.
- In the office, stand up and stretch, walk or lift hand weights.
- When driving, stop every two hours for a walk or mini-workout.