

ADD PHYSICAL ACTIVITY AND SUBTRACT DISEASE

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Did you know that a new study on the relationship between physical activity and cancer has shown that, the more physical activity performed in free time, the lower the risk of suffering from 13 different types of cancer? The study was conducted by researchers from the Cancer Institute, NCI, part of the National Institutes of Health and the American Cancer Society.

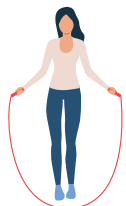
According to the study published in *Jama Internal Medicine* on May 16, 2016; Among the types of cancer that were identified with lower risk are: colon, breast, endometrial, esophagus, liver, gastric cancer of cardia, kidney cancer, myeloid leukemia, and lung cancer. Myelomas and cancers of the head and neck, rectum and bladder also showed minor risks that were significant, but not as strong. Breaking with sedentary lifestyle and quality of life is added to your years. Leisure time physical activity reduces the risk of the heart disease and death from all causes. In addition, it is associated with lower risks of many types of cancer.

Identify the type of physical activity that you like the most and can do. Moderate to vigorous physical activity is recommended.



MODERATE ACTIVITY

Increases the respiratory rate, you can speak without feeling short of breath. Examples: walking, ballroom dancing, rowing, and gardening.



ENERGETIC ACTIVITY

Your heart beats faster, your breathing is heavy, your sweat, and you can't talk too much. Examples: jogging, skipping, and swimming.

More and more research suggest that we need to be more physically active to stay healthy. Choose activities that work for you and help you stay active. Any time you spend doing physical activity will benefit your health. If you have any questions, ask your doctor about what types and how long of physical activity is appropriate for you. Make up your mind, start today to make physical activity your lifestyle for you and yours.