How can I be more active?
Try being active:
• more often
• for longer
• throughout your life.

It is never too late to become more active. But remember to increase your level of activity gradually and see your doctor for advice if you are very overweight or have other medical problems.

Walking more is a great way to be more active, and it can help you lose weight or keep it off.

You do not need to buy special shoes or join the gym. Walking can easily fit into your daily routine.

Tips for moving more
You can move more by making small changes like:
• Standing on the bus or train, instead of sitting – this burns an extra 70 calories for every hour of travelling.
• Getting off a stop earlier if you take public transport.
• Walking to and from work, if you can, or going for a short walk in your lunch break.
• Taking the stairs instead of the lift.
• Breaking up your sitting time and standing up for 10 minutes out of every hour.
• You could try standing up during ad breaks and doing a couple of chores while watching TV.

Further information
About physical activity and cancer
For more about physical activity and the science behind our messages visit cru.k.org/health

About cancer
For more about cancer visit our patient information website cru.k.org/cancer-help

If you want to talk in confidence about cancer, call our information nurses on freephone 0808 800 4040.

Order our full range of leaflets free online at cru.k.org/leaflets

About Cancer Research UK
CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we’re all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 123 1861 or visit our website cru.k.org.
Why should I be active?
Many scientific studies have shown that people who are active are less likely than inactive people to develop bowel, breast and womb cancer. Bowel and breast cancer are two of the most common types of cancer in the UK.

Being active also helps you to control your weight. Keeping a healthy weight is one of the most important ways to lower the chances of developing cancer. Being active not only reduces the risk of cancer, it can also help prevent other health problems. These include diabetes, stroke and heart disease.

How does being active reduce the risk of cancer?
Scientists think that physical activity can reduce the risk of cancer in many different ways:

By decreasing the amount of time food spends in your bowel.
This means your bowel is exposed to cancer-causing chemicals for less time, reducing the risk of bowel cancer.

By reducing the levels of hormones such as insulin, in your blood.
At high levels, these hormones make it more likely for bowel, breast and womb cancer to develop.

By reducing swelling in the bowel.
Swelling in the bowel can increase the risk of bowel cancer.

How active do I need to be?
You do not need to be an athlete to benefit from being active. Doing at least 30 minutes of moderate physical activity on five or more days a week can help your health. You can even split this up into shorter bursts, for example 10 minutes at a time. You can reduce cancer risk even further by being active more often and for longer.

Moderate physical activity is any movement that makes you feel warm and slightly out of breath. It does not have to cost money or involve complicated exercise programmes.

The more active you are, the more you can reduce the risk of cancer.

Physical activity does not have to cost you money. It can include everyday things like housework, DIY, gardening or walking, as well as sports or going to the gym.

By being physically active you can reduce the risk of bowel, breast and womb cancer. Keeping active could help prevent thousands of cancers in the UK every year.

In this leaflet you can find out about:
- why being active reduces cancer risk
- the levels of physical activity you should aim for
- tips for moving more.