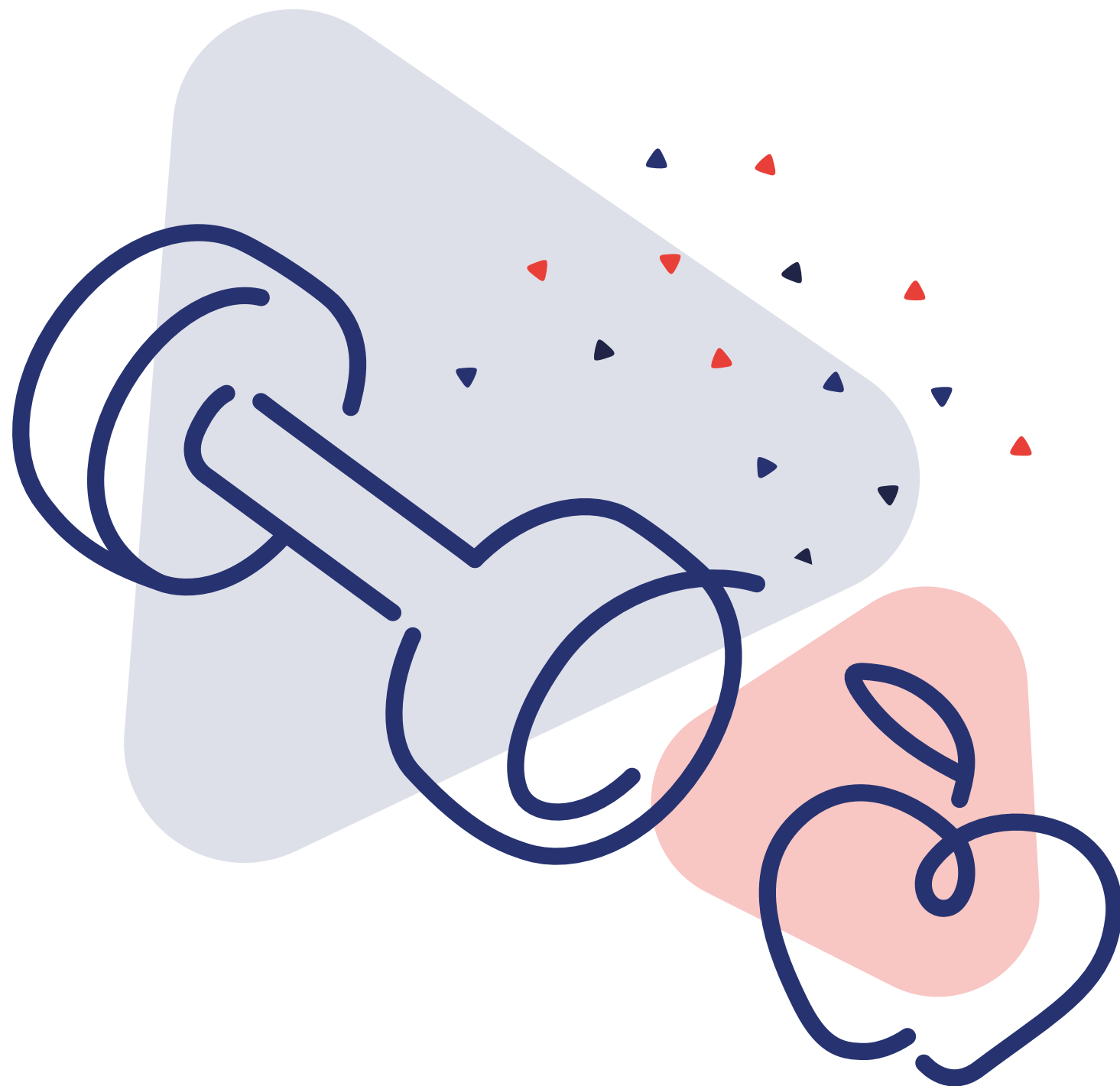


DOES DOING PHYSICAL ACTIVITY, HAVING HEALTHY DIET AND MAINTAINING A HEALTHY WEIGHT HAVE AN IMPACT ON MY CANCER RISK?



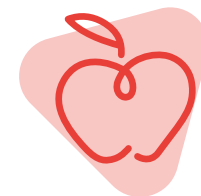
Yes, there is strong evidence that adopting a healthy diet, being physically active and maintaining a healthy body weight can lower the risk of developing cancer.

Physical activity and a healthy diet affect various biological processes that protect against cancer, like managing blood sugar, insulin levels and inflammation. Conversely, being overweight increases cancer risk by promoting inflammation and boosting growth factors and hormones that support cancer cell growth.

What can I do?



Be physically active in everyday life. Limit the time you spend sitting.



Have a healthy diet:

- Eat plenty of whole grains, legumes, vegetables and fruits.
- Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
- Avoid processed meat; limit red meat and foods high in salt.



Take action to have a healthy body weight.

Tips to take action

- 1 Explore your local resources e.g. walking paths or farmers' markets.
- 2 Involve your family and friends in your journey towards a healthier lifestyle.
- 3 Make sure that the advice you follow comes from trustworthy sources.
- 4 Not all influencers are experts; be mindful when looking for information.
- 5 Focus on how good you feel when you maintain a healthy lifestyle.
- 6 Join the "5 a day" campaign! Consume at least 5 portions of fruits and vegetables per day.

This is one out of the 12 evidence-based recommendations in the European Code Against Cancer. For more information please visit: cancer-code-europe.iarc.fr/index.php/en/ecac-12-ways



This factsheet has been developed by the Foundation for the Promotion of Health and Biomedical Research of the Valencian Community (Fisabio) within the BUMPER project. For more information about the project, you can visit bumper.cancer.eu



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