

# European Code Against Cancer

## 12 WAYS TO REDUCE YOUR CANCER RISK



Tobacco



Diet



Radiation



Second-Hand Smoke



Alcohol



Breastfeeding

Hormonal Therapy



Health Body Weight



Sun/UV Exposure



Screening



Physical Activity



Pollutants



Vaccination & Infection

# European code - example

## Physical activity



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

There is strong evidence that people can reduce their risk of cancer by adopting healthy dietary and activity behaviours. In European populations, people who follow a healthy lifestyle that adheres to the recommendations for [cancer prevention](#) have an estimated 18% lower risk of cancer compared with people whose lifestyle and body weight do not meet the recommendations. This risk reduction was estimated for a healthy lifestyle that includes: being a normal body weight (a body mass index [BMI] between 18.5 and 24.9 kg/m<sup>2</sup>) and avoiding foods that promote weight gain, such as sugary drinks and fast foods; being moderately active for at least 30 minutes per day; breastfeeding (for women); eating mostly foods of plant origin; limiting intake of red meat; avoiding processed meats; and limiting consumption of alcoholic drinks.

- What types of cancer may be prevented by physical activity?
- How does physical activity protect against cancer?
- Apart from cancer, does physical activity reduce the risk of other diseases or conditions?
- What does “physical activity” mean?
- How much physical activity should I do?
- Does the type of physical activity matter?
- How much can I reduce my risk of cancer by being physically active?
- How do I become more physically active?
- I have been diagnosed with cancer. Will being more physically active be beneficial?
- What about the amount of time I spend sitting down?