



*Exercise & Cancer
Prevention:
How Can It Help?*

BY: CRISTIANE B. CRUZ, CSEP-CEP, MPK



Cancer Is A Scary Word...

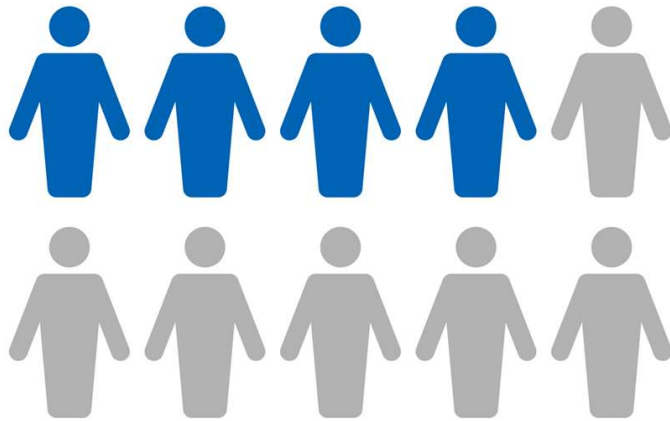
Cristiane Cruz, CSEP-CEP, MPK



**There Is So Much That
We Don't Know...**



About
4 in 10
cancer cases can be prevented



through healthy living and policies
that protect the health of Canadians.



prevent.cancer.ca

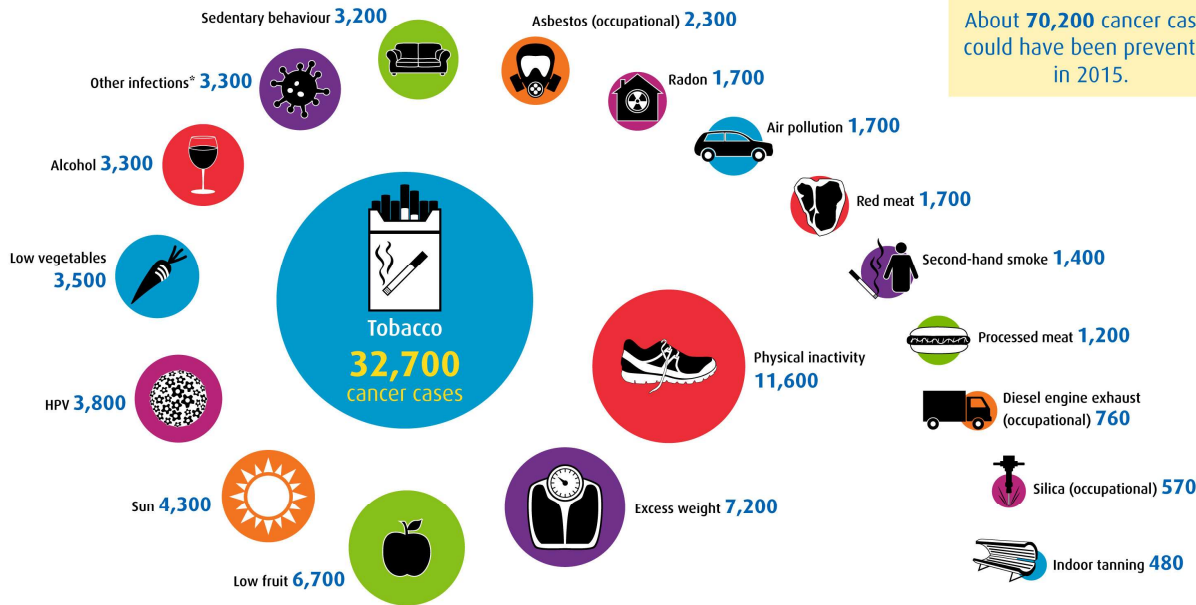
© ComPABc 2019

**What
We
Know**

Number of cancer cases that could be prevented in Canada

About 4 in 10 cancer cases can be prevented through healthy living and policies that protect the health of Canadians.

About 70,200 cancer cases could have been prevented in 2015.



Not all risk factors have the same impact on cancer risk. This image shows the number of cancer cases diagnosed in 2015 that are due to key modifiable risk factors.**

*Other infections category includes Epstein-Barr virus (EBV), hepatitis B virus (HBV), hepatitis C virus (HCV), *Helicobacter pylori* bacteria (*H. pylori*), human herpesvirus type 8 (HHV-8) and human T-cell leukemia/lymphoma virus type 1 (HTLV-1).
 **See website for details on data and risk factor definitions.

Common Contributing Factors



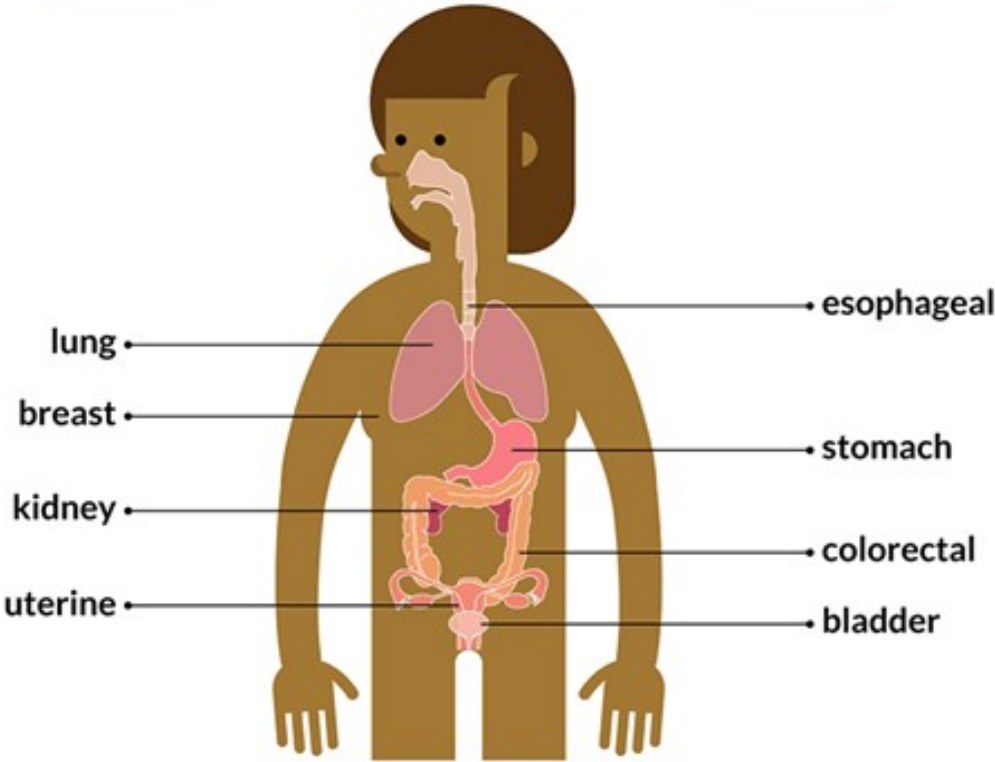
© ComPARE 2019





**Exercise Has Been Shown To Be
One Way To Reduce Our Overall
Risk!**

Regular physical activity over your lifetime protects against these cancers



© Canadian Cancer Society

Which Cancer Risks Can Be Reduced With Exercise?

Exercise & Cancer Prevention



How Exercise Helps



Movement Guidelines



How To Get Started

How Can Exercise Help?



REGULATES
HORMONES



IMPROVES
IMMUNE SYSTEM



MAINTAINS
HEALTHY
WEIGHT



REDUCES
SEDENTARY TIME

Exercise Recommendations

- ▶ Aim For 30 Mins/Day Of Physical Activity
 - ▶ Higher Intensity Provides Better Effects
- ▶ Include Both Aerobic And Strength Training
- ▶ Reduce Your Time Sitting

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 65 YEARS OR OLDER)

For health benefits, adults aged 65 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:



- **Moderate to vigorous aerobic physical activities** such that there is an accumulation of at least 150 minutes per week



- Muscle strengthening activities using major muscle groups at least twice a week
- Physical activities that challenge balance
- Several hours of **light physical activities**, including standing

SLEEP



- Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR



- Limiting sedentary time to 8 hours or less, which includes:
 - No more than 3 hours of recreational screen time
 - Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.



Progressing towards any of these targets will result in some health benefits.

Cristiane Cruz, CSEP-CEP, MPK

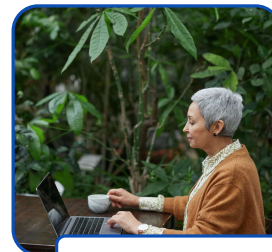


How To Get Started: Making The Switch

Sedentary Lifestyle



Driving

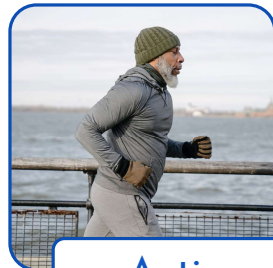


Sitting

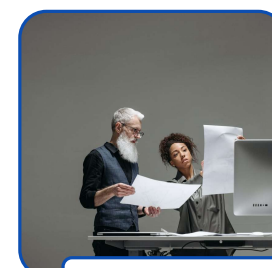


Watching
TV

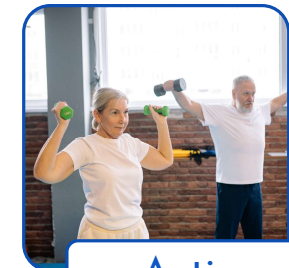
Active Lifestyle



Active
Commuting



Standing



Active
Recreation



**There Are
Many
Ways To
Get
Active!**

Additional Ways To Reduce Your Risk



Quit
Smoking



Use Sun
Protection



Stress
Management



Nutrition



Alcohol

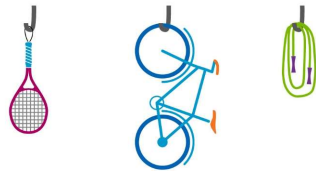
Move more
to reduce your cancer risk



7 out of 10
Canadian adults
are not active enough*



Physical activity
decreases cancer risk



11,600 new cancer cases
are due to physical inactivity

If the trend continues,
the number of new
cancer cases due to
physical inactivity will
increase from 11,600
to **16,500** in 2042



Together, we could prevent about 26,200 cancer cases
by 2042 if more Canadians were active

*Physical inactivity is defined as walking less than 30 minutes a day. See website for details on data and additional definitions.

**Find
Ways To
Get
Active
Today!**

Exercise Program For Cancer Patients/Survivors



ONLINE:

<https://wellspring.ca/online-programs/programs/all-programs/exercise-excel/>

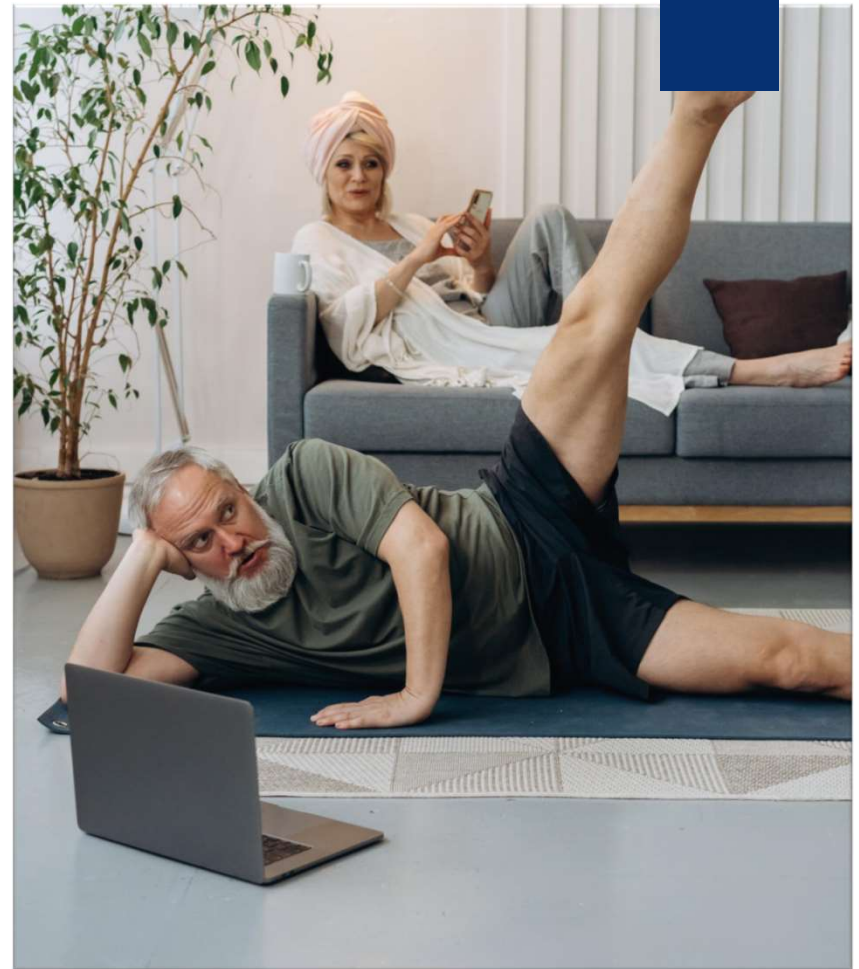
IN PERSON (TORONTO):

<https://wellspring.ca/westerkirk/programs/all-programs/cancer-exercise/>

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
- ▶ An Exercise Physiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Diabetes
 - ▶ Performance
 - ▶ Falls Prevention
 - ▶ Improving Independence

Cristiane Cruz, CSEP-CEP, MPK



Info@SimplyHS.ca

Any Questions?



YOU CAN EMAIL ME AT:
CBCRUZ@SIMPLYHS.CA



SLIDES CAN BE FOUND AT:
SIMPLYHS.CA