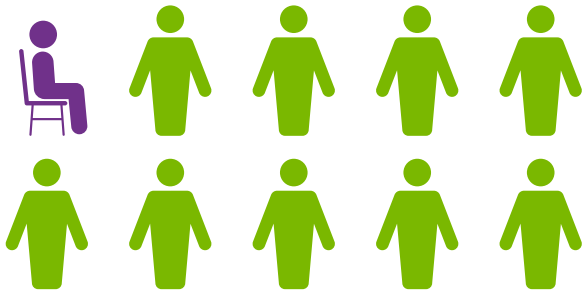


Sit less to reduce your cancer risk



1 out of 10
Canadian adults sit too much
in their free time*

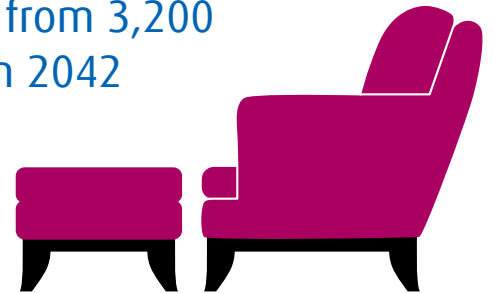


Sitting too much
increases cancer risk



3,200
new cancer cases
are due to sitting
too much

If the trend continues, the number
of new cancer cases due to sitting
too much will more than double,
increasing from 3,200
to **8,500** in 2042



**Together, we could prevent about 5,900 cancer cases
by 2042 if fewer Canadians sat during their free time**

*Sitting too much is defined as spending more than 6 hours a day sedentary during leisure time. See website for details on data and additional definitions.