

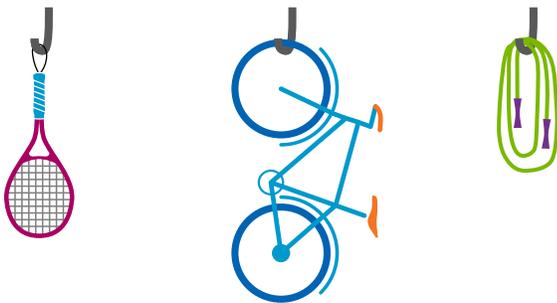
# Move more to reduce your cancer risk



**7 out of 10**  
Canadian adults  
are not active enough\*

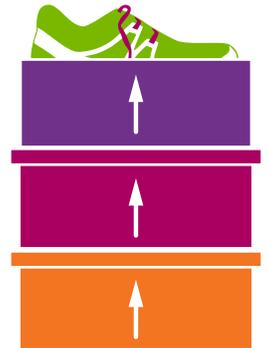


Physical activity  
**decreases cancer risk**



**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.