

FIREFIGHTER CANCER INITIATIVE

Limit sedentary activity such as sitting, laying down, and screen-based entertainment.



Regular moderate to vigorous physical activity and reducing sedentary time has been shown to lower the risk of cancers

Including: **Breast, Colorectal, Endometrial, Kidney, Liver, Lung, Ovary, Pancreas, Stomach/ gastric, Upper digestive**



Adults should engage in moderate intensity physical activity for 150 to 300 minutes per week or 75 to 150 minutes of vigorous physical activity or a combination of both.

Moderate Intensity

Includes: walking, dancing, leisurely bicycling, gardening, golfing, horseback riding and yoga.

Vigorous Intensity

Includes: jogging, running, circuit or weight training, fast bicycling, swimming, martial arts, soccer, singles tennis, basketball, heavy manual work (including fire fighting)