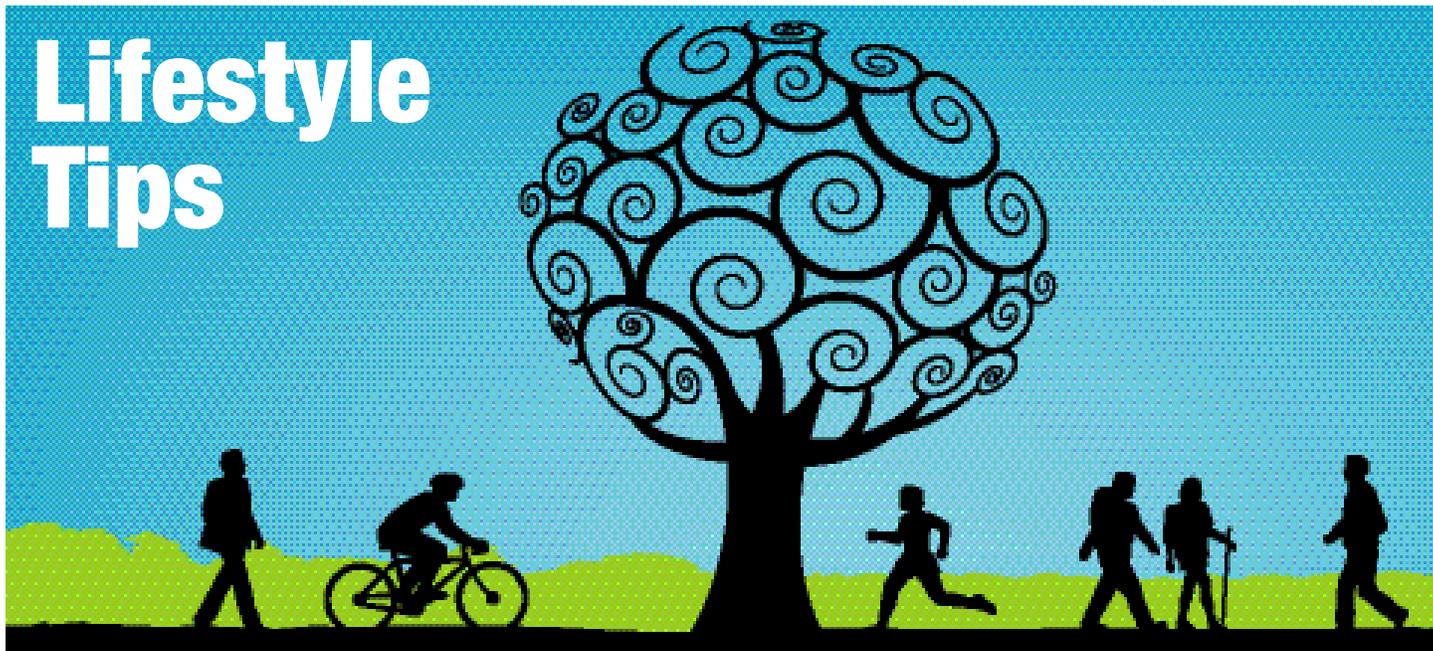


# Lifestyle Tips



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## The Impact of Physical Activity on Breast Cancer



On average, 445 Canadian women will be diagnosed with breast cancer every week<sup>1</sup>. This is a scary statistic. Thankfully, there are some lifestyle

choices you can make that may reduce your risk of developing breast cancer. One of these is being physically active. Research has demonstrated a link between regular physical activity and a lower risk of breast cancer. And, it's never too early to start moving more—the research suggests that the

decreased risks come from an increase in physical activity over one's entire lifetime, and not just later in life, when the risk of breast cancer is higher. No matter what your life stage, it is important for women to be physically active. Here are some physical activity tips for all of life's stages.



Brought to you by ParticipACTION in collaboration with the Canadian Fitness and Lifestyle Research Institute.





### Early life

Girls' physical activity typically starts to decline as they approach their teenaged years. As teens make the jump to high school and deal with the new pressures that come with it, physically active often becomes less of a priority. Support from friends and family, as well as having a choice of physical activities, are important aspects to help teen girls remain active. As a teen you should:

- Choose an activity that is fun.
- Be open-minded—avoid thinking that some activities are for boys and some are for girls. Decide what's right for you.
- Incorporate something active into other things you already do. Instead of watching movies when hanging out with friends, try going for a walk or bike ride.
- Remember that healthy, active people can be a variety of weights and body shapes.

### Everything in between

Whether you're managing a family, working outside the home—or some combination of the two—the demands on your time can have a way of being all consuming. It is important to be physically active for yourself and to be a healthy role model for those in your

family. Instead of adding one more item to your “to do” list, here are some ways to include physical activity in the things you already have on your plate:

- Use the stairs instead of the elevator or escalator.
- Walk around the field at your child's soccer game.
- Take public transit—while sitting on a bus isn't active, walking to and from the bus stop is.
- Turn on some music while doing chores and dance around the house.



### Later in life

Just because you're retired or have become a grandmother is no reason to slow down to a snail's pace. If sports teams or marathons are your thing, go for it! But being physically active can also be defined as going for a daily walk, bicycling, gardening, swimming or doing yard work. Here are some suggestions to keep you moving:

- Keep it social—invite a friend to join you on your walk.
- Involve loved ones—plan a family day hike.
- Try something new—it will challenge your body and your brain.
- Give back—volunteer at a community garden.

There is more to physical activity than just preventing breast cancer. First and foremost, it is good for your body and soul, and can be FUN! Start with an activity you enjoy, and the rest will follow.

<sup>1</sup> Canadian Breast Cancer Foundation. (2010). Breast cancer in Canada. Accessed from [http://www.cbcbf.org/breastcancer/bc\\_what\\_bc\\_bc.asp](http://www.cbcbf.org/breastcancer/bc_what_bc_bc.asp)