

The Benefits of Exercise on Cancer

Researchers have proved that regular physical activity improves health. Physical activity is critical of energy balance which influences weight loss and weight gain. If people incorporate a regular fitness plan into their lives than they could improve their health by maintaining a healthy weight, healthy bones, muscles, and joints. They could reduce their risk of developing high blood pressure and diabetes and reduce the risk of heart disease and premature death. Physical activity reduces the risk of developing cancers as well as improving well being and fatigue during cancer treatments.

Breast Cancer has the most evidence with over 60 studies of the positive affect of physical activity in reducing or improving well being. Physical activity was found to lower the risk of developing the cancer as well as help manage fatigue and emotional distress. Women who exercise regularly after menopause have a lower risk of developing breast cancer than women who are sedentary. As the frequency and duration of the physical activity increases, the risk of developing breast cancer decreases. The researchers found that 30-60 minutes of exercise per day of moderate to high intensity exercise would reduce the risk. In patients with breast cancer and going through chemotherapy and radiation treatments, exercise can improve quality of life, reduce fatigue and assist with energy balance. Women who have breast cancer can improve their survival rate if they performed 3-5 hours of moderate exercise like walking each week. Also, physical activity can influence insulin and leptin levels. Although studies show benefits of improving quality of life for patients diagnosed, more research still needs to be done.

In colon cancer, physical activity may also help to lower the risk of development and help to maintain well being if diagnosed. More than 50 studies have researched the affect of physical activity on colon cancer. Studies show that adults who exercise regularly can reduce their risk of

developing the cancer by 30-40%. To be effective, adults need 30-60 minutes of moderate to vigorous exercise per day and most effective when exercise is at a high tense activity. Physical activity lowers the risk of developing colon cancer because it prevents tumors from developing and protects hormone metabolism, insulin regulation, and decrease the time that the colon is exposed to potential carcinogens. Only observational studies have focused on the affects of physical activity during treatment. The studies show that if people diagnosed with colon cancer increase their physical activity, they are less likely to have a cancer reoccurrence and increase their survival. Although the studies show benefits of exercise for people diagnosed with colon cancer, more research is still needed.

Other cancers have not been as extensively researched, but may have benefits of physical activity. At least 21 studies have been conducted for lung cancer which shows that physical activity can lower a person's risk of developing lung cancer by a 20%. The benefits are less clear for women. In the 36 studies on prostate cancer and the affect of physical activity, the studies do not show a relationship between physical activity and prostate cancer.

Research shows that physical activity does reduce the risk of developing cancers such as breast cancer, colon cancer, and possibly lung cancer and improves well being of patients during treatment. If people do not exercise, they should recognize and understand the various benefits of exercise. If people want to decrease their risk of developing cancer then they should adopt a physical fitness plan. People diagnosed with cancer should consider the benefits of exercise. A regularly physical activity even like walking everyday can improve their quality of life and may even help them to survive. Everyone should recognize the importance and significance of physical activity.

Source: <http://www.cancer.gov/cancertopics/factsheet/prevention/physicalactivity>