



*Lead a balanced lifestyle*  
**CHOOSE TO MOVE!**



*Research • Educate • Support*

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# Lower your cancer risk

# CHOOSE TO MOVE!

**START** where you are - **USE** what you have - **DO** what you can!



## RED = Beware! (INCREASED CANCER RISK)



Research done in South Africa over the past 15 years indicates high levels of physical inactivity across the lifespan. Research shows that physical inactivity is associated with colon and breast cancers



Obesity can be described as an imbalance between energy intake and energy use in the body - excess energy is then stored in fat cells. These fat cells then enlarge or increase in number if energy is not adequately utilised, or one is being inactive  
Inactivity and obesity also contribute to increasing health care costs



## ORANGE = Take care! (CAN INFLUENCE CANCER RISK)



Set your own personal, simple challenges that over time lead to a more physically active lifestyle

Parents are urged to be proactive and manage the children's diet and encourage them to be physically active



Physical inactivity has a role to play in weight management and may indirectly lead to obesity related cancers (which make up 40% of all cancers diagnosed)



## GREEN = Go for it! (LOWER CANCER RISK)



Adults should be active in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on five or more days of the week \*

Children and adolescents should be active in at least 60 minutes per day of moderate to vigorous physical activity at least five days per week (WCRF)

The aim is to try and incorporate sport-related and wellness activities into daily routines



For cancer survivors, being active can help manage the side-effects of treatment such as fatigue, depression and heart damage \*

\* Check with a registered healthcare practitioner before starting, especially if you've had a long period of physical inactivity or if you have an existing medical condition



## WHAT CAN I DO TO LOWER MY CANCER RISK THROUGH BEING ACTIVE?

- » Associate physical activity with the green Walk traffic light for pedestrians - reminding us to keep moving
- » Support CANSA's awareness and sports events by taking part in our CANSA Active programme:
  - » to raise awareness about leading a balanced lifestyle
  - » playing sport safely in the sun
  - » as well as providing education on being cancer-aware by encouraging smart diet and lifestyle choices. ([www.cansa-active.org.za](http://www.cansa-active.org.za))



## Make the decision to get moving every day - Challenge yourself

- » Choose movement you enjoy and that gets your heart rate up
- » Choose a practical time to exercise daily, that fits in with your daily routine
- » Be on the lookout for opportunities for movement in your everyday life like:
  - » choosing to climb the stairs instead of taking the escalator or lift
  - » walking instead of driving
  - » carrying your groceries instead of using a trolley
  - » getting up and stretching regularly if you sit at a desk all day
  - » doing your own gardening or house work, etc.
- » Decide on the length of time and type of physical activity that matches your current fitness level, and gradually increase the duration and intensity of physical activity:
  - » Work your way slowly from mild, to moderate\* and then vigorous\* exercise (if you're enjoying it and feeling strong).
  - » Your end goal should be 30 minutes of moderate\* activity five times per week (adults) or 60 minutes moderate\* to vigorous\* activity daily (children / teens).
- » If you find it difficult to be motivated to exercise on your own, ask friends, community members or colleagues to join you. Or join community events or clubs which involve physical activity, such as your local *parkrun*, *Run Walk for Life*, hiking, bowling, or dance club, etc.
- » Find ways to make physical activity a way of life for your family and a time to bond

\* Examples of moderate activity: brisk walking; slow cycling and gardening  
 Examples of vigorous activity: fast running or cycling; competitive sports