

Exercise to Fight Cancer!



A healthy weight lowers your chances for developing cancer.

- Exercise for at least 30 minutes every day
- Increase to 60 minutes of activity as your fitness improves
- Engage in activities, such as brisk walking
- Be sure your kids are active for at least 60 minutes every day

Get free, health tips at
Focused on Health
www.mdanderson.org/focused

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®