ADD MORE EXERCISE TO YOUR DAY

You don’t have to go to the gym or start training for a 5K to enjoy the benefits of exercise.

ADD THESE STEPS to the tasks you already do to burn more calories – and lower your cancer risk – during the day.

TAKE GROCERY BAGS INSIDE ONE AT A TIME

TAKE THE STAIRS INSTEAD OF THE ELEVATOR

USE A PUSH MOWER INSTEAD OF A RIDING LAWN MOWER

STAND AT YOUR DESK INSTEAD OF SITTING

PARK FARther AWAY AT THE STORE

MAKE MULTIPLE TRIPS WHEN DOING LAUNDRY

TAKE A WALK WHILE VISITING FRIENDS