CANCER EXPLAINED PRESENTS



A FREE HEALTH HANDOUT

MOVE MORE, SIT LESS

How much activity helps, and an easy way to start

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **CDC · NCI · MEDLINEPLUS** · UPDATED **2026-11-10**
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CANCEREXPLAINED.ORG

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cancer explained.org

1 Why it matters

- [ ] The National Cancer Institute links regular activity with a lower risk of several cancers, including colon, breast, and endometrial cancer.
- [ ] Being active cannot promise that cancer will not happen. It is one good habit among several.
- [ ] CDC says any amount of activity brings some health benefit.

2 The weekly goal for adults

- [ ] At least 150 minutes of moderate activity, such as brisk walking. That is 30 minutes on 5 days.
- [ ] Muscle-strengthening activity on 2 or more days.
- [ ] Moderate means you can talk, but not sing.
- [ ] You can split it up. Three 10–minute walks count the same as one 30–minute walk.

3 If you are starting from zero

- [ ] Begin with 5 minutes of easy walking. Repeat it tomorrow.
- [ ] Add a minute or two when it feels comfortable.
- [ ] Stand up and move for a few minutes every hour you sit.
- [ ] Walking, gardening, dancing, and housework all count.

4 Stop and get help

- [ ] Call 911 for chest pain or pressure, fainting, or trouble breathing that does not ease when you rest.
- [ ] Call your doctor the same day if you feel dizzy when you move, or your heart races without a clear reason.
- [ ] If you have cancer or another health condition, ask your care team what is safe for you before you start.

My week

Mon	Tue	Wed	Thu	Fri	Sat	Sun

THE BOTTOM LINE

Some movement is better than none. Start with five minutes today and build from there.

Sources: CDC: Adult activity guidelines (cdc.gov/physical-activity-basics/guidelines/adults.html) · NCI: Physical activity and cancer (cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet) · MedlinePlus: Being active when you have heart disease (medlineplus.gov/ency/patientinstructions/000094.htm)

Learn more in plain language: cancerexplained.org/healthy-living · **Updated:** 2026–11–10

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