

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.

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®

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