
A new study has shown more leisure-time physical activity is associated with a lower risk of developing 13 different types of cancer! Leisure-time physical activity is exercise done at one’s own discretion, often to improve or maintain fitness or health. Examples include walking, running, swimming, and other moderate to vigorous intensity activities.

Previous studies have examined associations between physical activity and cancer risk and shown reduced risks for colon, breast, and endometrial cancers. However, results were not as clear for other cancer types due to small number of participants. The new study pooled data on 1.44 million people, ages 19 to 98, from the United States and Europe, and was able to examine a broad range of cancers. Participants were followed for an average of 11 years during which 187,000 new cases of cancer occurred.

They also determined leisure-time physical activity was associated with a lower risk of 10 additional cancers, with the greatest risk reductions for esophageal, liver, stomach, kidney, and myeloid leukemia.

Overall, high levels of physical activity were linked with a 7% lower risk of any cancer, according to the study.