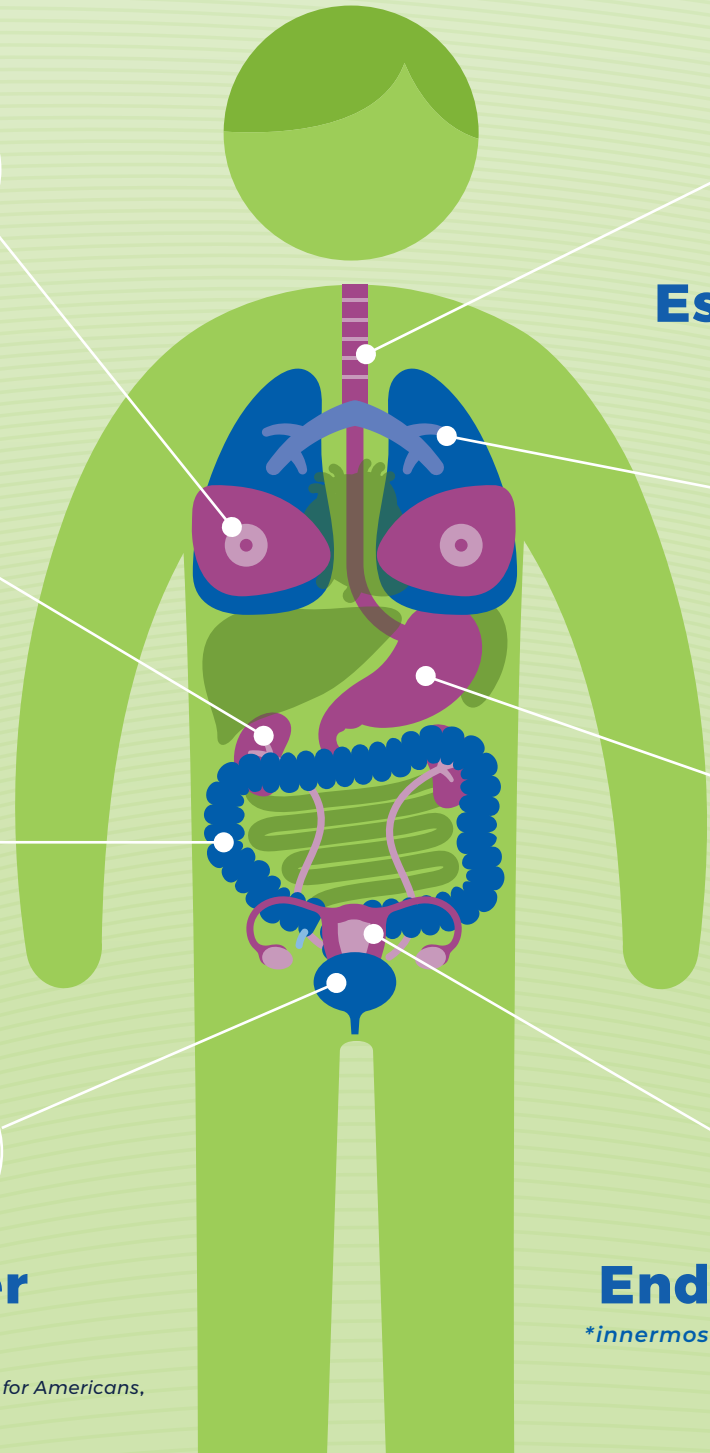
Regular Physical Activity Helps Lower Your Cancer Risk



Breast

Esophagus

Kidney

Lung

Colon

Stomach

Bladder

Endometrium*

**innermost lining layer of the uterus*

Source: *Physical Activity Guidelines for Americans*, 2nd edition (Chapter 2, page 32)

LEARN MORE AT
www.cdc.gov/physicalactivity/basics

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