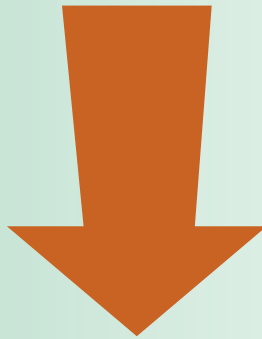


# Increasing **Physical Activity** in Wisconsin to Reduce **Cancer**

Regular physical activity can **REDUCE** an individual's **risk** for **breast, colorectal, endometrial, AND prostate** cancers.



**Half** OF Wisconsin residents are getting the **RECOMMENDED** dose of **weekly** physical activity.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>2 hours and 30 minutes</b>						

**ONLY 1** out of **4** Wisconsin **ADOLESCENTS** are active **60 minutes** every day.



**CREATING** opportunities for **physical activity**



in communities, schools and workplaces will encourage **HEALTHIER** behaviors.

**WE** can increase **physical activity** in Wisconsin.



Increase sidewalks, parks, trails, and bike lanes



Increase access to community recreational facilities



Enhance physical education in schools



**Together...** Reducing the burden of **CANCER** in Wisconsin  
[wicancer.org](http://wicancer.org)

Data Sources: American Cancer Society. (2015). "Physical Activity and Cancer." Retrieved on September 11, 2015 from <http://www.cancer.org/acs/groups/content/@nho/documents/document/physicalactivityandcancerpdf.pdf>; National Cancer Institute. (2009). "Physical Activity and Cancer." Accessed at <http://www.cancer.gov/cancertopics/causes-prevention/risk/weight-activity/physical-activity-fact-sheet>; Centers for Disease Control and Prevention. (2015). "Physical Activity Basics." Retrieved on September 11, 2015 from <http://www.cdc.gov/physicalactivity/basics/>; Centers for Disease Control and Prevention. (2015) "Nutrition, Physical Activity and Obesity Data, Trends and Maps." Retrieved on September 11, 2015 from <http://www.cdc.gov/obesity/data/databases.html>.