



Fire fighters have a higher risk of developing certain cancers in comparison to the general population.

Cancer is also one of the leading causes of fire fighter line-of-duty deaths.

Exercise can help. Oncology experts now view exercise as critical to both prevent certain types of cancer and to best meet the needs, preferences and abilities of people living with cancer.

The evidence is clear. Regular exercise is associated with a lower risk of 13 different cancers (colon, breast, endometrial, esophageal, liver, stomach, kidney, head and neck, rectum, bladder, lung, myeloid leukemia and multiple myeloma) and can reduce cancer-related fatigue, anxiety and depression while improving health-related quality of life, overall physical function, bone health and quality of sleep.

Be active today. There are benefits to both aerobic and strength-training activities so the best option is the one that you stick to in the long term.