

Reasons to Maintain a Healthy Weight and Stay Active

Fifteen types of cancer—the adenocarcinoma subtype of esophageal cancer, certain types of head and neck cancer, advanced prostate cancer, meningioma, multiple myeloma, colon and rectum, endometrial, gallbladder, kidney, liver, ovarian, pancreatic, stomach, thyroid, and postmenopausal breast cancers—have all been directly linked to being overweight or obese. Being physically active lowers the risk of nine types of cancer—esophageal, kidney, liver, lung, stomach, colon, breast (postmenopausal), endometrial, and bladder cancers. Cancers associated with obesity are shown in red, cancers associated with physical activity are shown in light blue, cancers that are associated with both are shown in dark blue.

