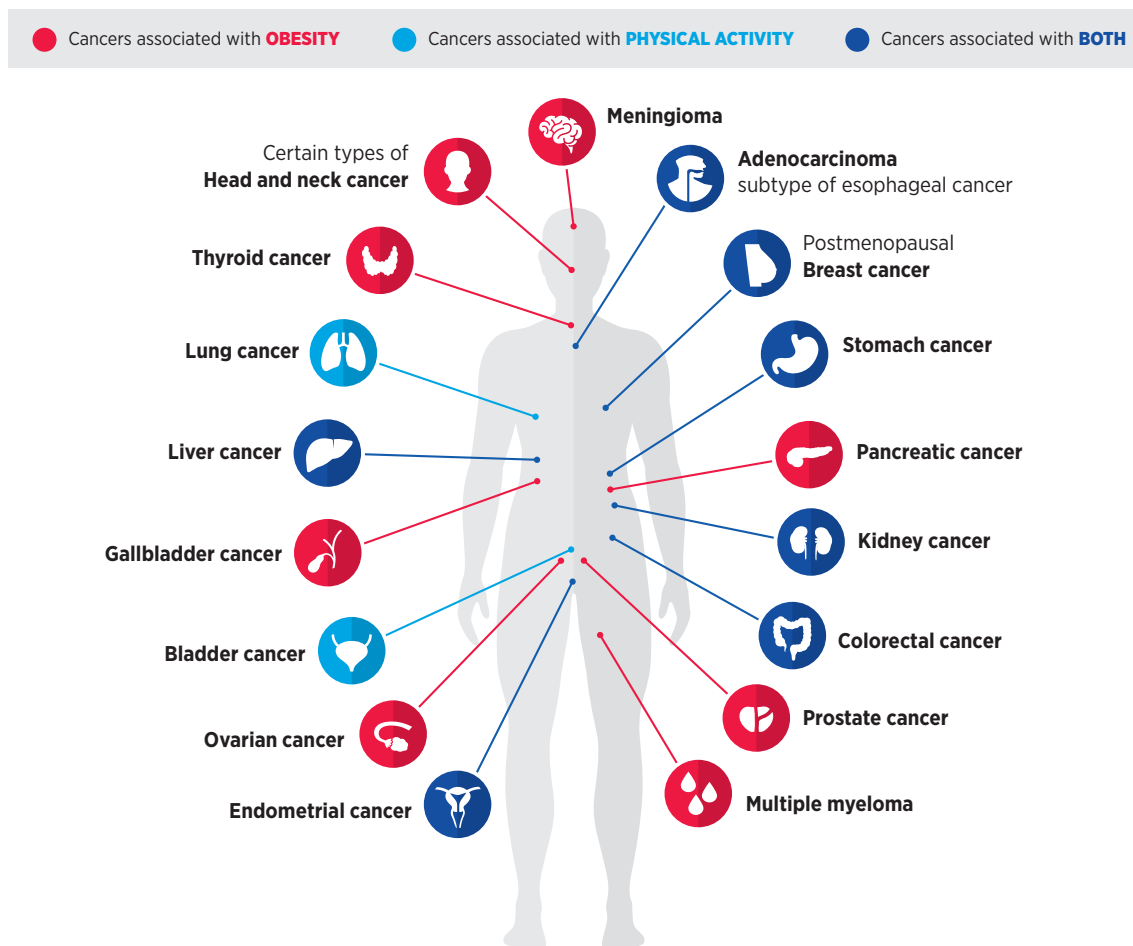


FIGURE 4

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; and colon, rectal, 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

cancers—bladder, breast (postmenopausal), colon, endometrial, esophageal, kidney, liver, lung, and stomach. There is growing evidence that physical fitness may also reduce the risk of developing additional types of cancer. Cancers associated with obesity are shown in red; cancers associated with physical inactivity are shown in light blue; cancers that are associated with both are shown in dark blue.