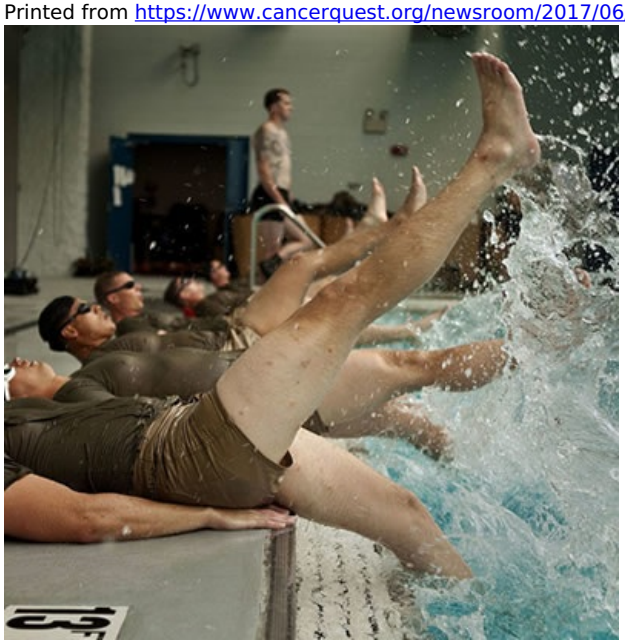
Little Steps Can Go A Long Way!

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A team of researchers at the Roswell Park Cancer Institute has found that an inactive lifestyle is associated with an increased risk for bladder and kidney cancer. The study was conducted on 1,134 people—of which 208 had bladder cancer, 160 had kidney cancer and 766 did not. By analyzing the participants' lifetime recreational physical activity, the researchers found a relationship between lifetime inactivity and bladder and kidney cancer risk. Similar results were found when obese and non-obese participants were studied separately. These findings suggest that increasing physical activity can reduce the risk for at least some types of cancer.

Source
Check out the study by the Roswell Cancer Institute
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