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.