Physical activity lowers your risk for developing several commonly occurring cancers. Research shows that adults who participate in greater amounts of physical activity have reduced risks of developing cancers of the:

- Bladder
- Breast
- Colon (proximal and distal)
- Endometrium
- Esophagus (adenocarcinoma)
- Kidney
- Lung
- Stomach (cardia and non-cardia adenocarcinoma)

Source: Physical Activity Guidelines for Americans, 2nd edition (Chapter 2, page 32)