

ACTIVE PEOPLE

HEALTHY BODIES

Reducing Your Risk of Cancer



 **sport**
Northern Ireland
LOTTERY FUNDED

The lead agency for developing sport in Northern Ireland

ACTIVE PEOPLE: HEALTHY BODIES

Sport Northern Ireland is keen to promote the message that sport and physical activity are for everyone and that the benefits of an active lifestyle should be fully embraced and enjoyed by all. One of sport's greatest contributions is its positive impact on public health, and in reducing the risk of developing cancer.



DID YOU KNOW?

One in three people will develop cancer in their life.

There are more than **200 different kinds of cancer**.

In 2007, 10,497 individuals (51% men and 49% women) were diagnosed with cancer in Northern Ireland.

Non Melanoma Skin Cancer, which is easily treated and rarely causes death, accounts for 25% of all cancers diagnosed in Northern Ireland.

Bowel cancer is the second most commonly diagnosed cancer in Northern Ireland. There are around 1,000 cases diagnosed each year account for 20% of all cancers.

A family history **of breast cancer accounts for only 5% of all cases.**

You have the power to **reduce your cancer risk by 33% by eating a healthy diet, being a healthy weight and being physically active.**

Your risk of getting some cancers increases if you are overweight or obese.

You are at increased risk of cancer if your waistline is more than 94cm or 37 inches for men; and 80cm or 31.5 inches for women.

Poor diet has been linked to 35% of cancers - so aim to eat at least five portions of fruit and vegetables a day.

WHY BE ACTIVE?



Being physically active is a key element of living a longer, healthier and happier life. Participating in regular sport and physical activity can help you lower the risk of getting cancer by:

- **Controlling your weight**
- **Reducing your body fat**
- **Boosting your immune system**
- **Improving digestion to reduce exposure to cancer-causing substances in the bowel**

If you have any questions, you can call the **Ulster Cancer Foundation** free phone helpline on **0800 783 3339**.

The helpline is staffed by experienced cancer nurses who can give information and advice over the phone.



HOW MUCH ACTIVITY SHOULD I DO?

As a minimum, take part in sport or moderate physical activity for **30 minutes, 5 days a week**, or preferably every day for good general health.

Increasing the intensity or the amount of time of your activity can have additional health benefits.

No matter what activity you choose, it can be done all at once, or divided into two or three parts during the day. Even 10 minutes of activity count toward your total.

Even some activity is better than none.

MAKE SPORT AND PHYSICAL ACTIVITY A REGULAR PART OF YOUR DAY



Choose activities that you will enjoy and can do regularly. Fitting activity into a daily routine can be an easy way to get active.

Keep motivated by trying something different on alternate days - be active at least 5 days a week. Do at least 10 minutes activity at a time, and think about a longer activity on the weekend.

GETTING AND STAYING ACTIVE



AT HOME AND IN YOUR COMMUNITY

- Join a sports club, or take an exercise class
- Join a walking group
- Recruit a partner for support and encouragement
- Get the whole family involved - enjoy an afternoon bike ride with your kids
- Walk and/or cycle more, and drive less
- Talk to your health professional about referral programmes



AT WORK

- Get off the bus or train one stop early and walk the rest of the way
- Cycle to work – or part of the way
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you
- Walk to talk instead of using the phone or email
- Take part in an exercise programme at work or a nearby gym
- Encourage and participate in sport and physical activity at work

WHAT IS CANCER?

All cancers start in the same way - with a change in the make-up or the pattern of the development of a cell.

Normal cells are constantly at work in our bodies; repairing damaged skin, maintaining hair growth, and performing all the other necessary tasks we don't even think about. This complicated process is carefully controlled but sometimes things can go wrong, resulting in abnormal cells that divide in an uncontrolled manner. A cluster of tissue then develops when new cells are not needed - this cluster is called a tumour, which can be benign or malignant.

Benign tumours may require treatment or surgery but are usually not life threatening.

Malignant tumours are cancers that can invade nearby parts of the body and therefore prevent the cells in that area from functioning properly. Cells contained in these malignant tumours can break away and move to other parts of the body where they can develop new clusters of abnormal cells, these can be called secondaries.

Most of the lives that are lost occur because the cancer has spread, that is why it is vital to diagnose and treat cancer early.

Today many cancers are curable if they are diagnosed early and receive appropriate treatment.

WHAT WORKS?



IAN'S STORY

Ian is not your typical endurance cyclist, and he's not your typical leader; Ian from his own admission is not even your typical sports enthusiast. Ian is 64 years old and just two years ago was diagnosed with prostate cancer and has recently completed a course of radiotherapy to try to reverse the effects of this debilitating disease.

Ian has managed to come through this ordeal and now stands as an inspiration to all those who may find themselves in a similar situation. Ian has his sights on making the impossible possible. Giving back whatever little he can, even if it is simply the knowledge that obstacles can be overcome and inspiration can be found in any, and all of us.

Ian decided to take up a sporting challenge - the 'Race around Ireland' - 1300 miles non-stop over five and a half days with only four hours sleep. It is a world class cycling event open to elite and novice riders alike.

This inspirational challenge is heightened by Ian's personal circumstances; however Ian is determined to keep taking part in sporting activities and raising awareness and much needed funds for the work of the Ulster Cancer Foundation.

ABOUT SPORT NORTHERN IRELAND

Sport Northern Ireland is the leading public body for the development of sport in Northern Ireland. Its corporate vision is:

“a culture of lifelong enjoyment and success in sport which contributes to a peaceful, fair and prosperous society”.

The full report ‘**Active People: Healthy Communities**’ can be downloaded online at www.sportni.net

This document is available in other accessible formats on request, and online at www.sportni.net



Sport Northern Ireland
House of Sport
2a Upper Malone Road
Belfast BT9 5LA

T: (028) 9038 1222
E: info@sportni.net
W: www.sportni.net

Endorsed by:

