

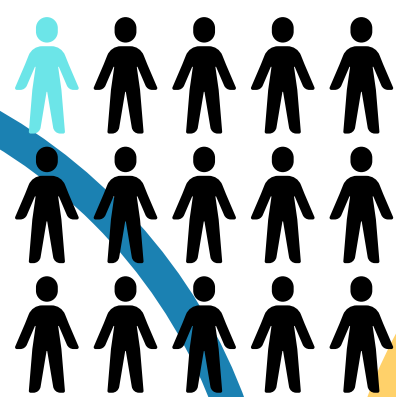
STAND UP for your health!



A sedentary lifestyle can increase your risk of colorectal cancer by up to 44 %.

Canadians spend almost 10 hours a day sitting!
Take a stand against these risks by walking or standing for a few minutes every hour.

1 in 15 people in Ontario will develop colorectal cancer



The longer you sit, the higher your risk of colorectal cancer



Daily exercise alone will not reduce your risk. Sit less, move more!



Tips to decrease sitting throughout the day:



Do walking meetings or take a call standing up



Use the stairs whenever possible



Take 1-2 minute stretch breaks every hour throughout the day



Place something you use often across the room so you have to walk over to use it

Central East Regional Cancer Program
Ontario Health (Cancer Care Ontario)

If you are over 50, be sure to get checked for colorectal cancer every 2 years with an at-home FIT test.

www.lakeridgehealth.on.ca/en/ourservices/preventionandscreening.asp