

# BEING PHYSICALLY ACTIVE IS INTEGRAL TO FIGHTING CANCER



Cancer can affect anyone, anywhere, at any age

Cancer kills 1.3 million people annually in the EU

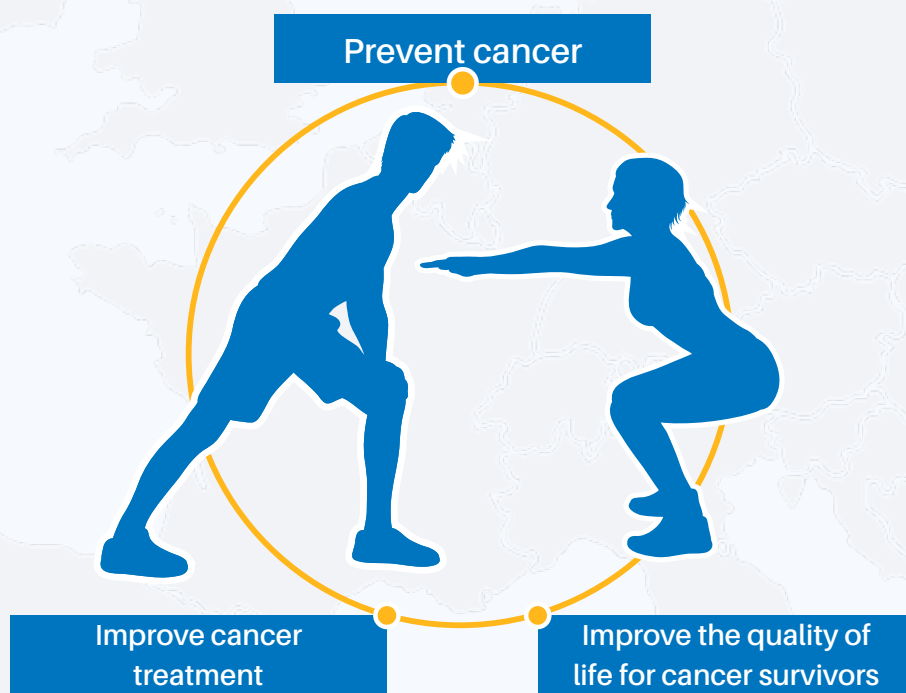


Cancer healthcare costs the EU is **120 billion/annually**



The **cost** of physical inactivity in the EU is **84 billion/annually**

150 minutes of moderate or 75 minutes of vigorous exercise a week helps to;



Physical activity can contribute to preventing **40%** of cancers



Meaning **1.2 million** cancer cases can be prevented in the EU

EuropeActive is the leading Association in Europe for the promotion of fitness and physical activity. It has a simple mission to get more people more active more often and this will help the citizens of Europe to lead healthier and happier lives.