

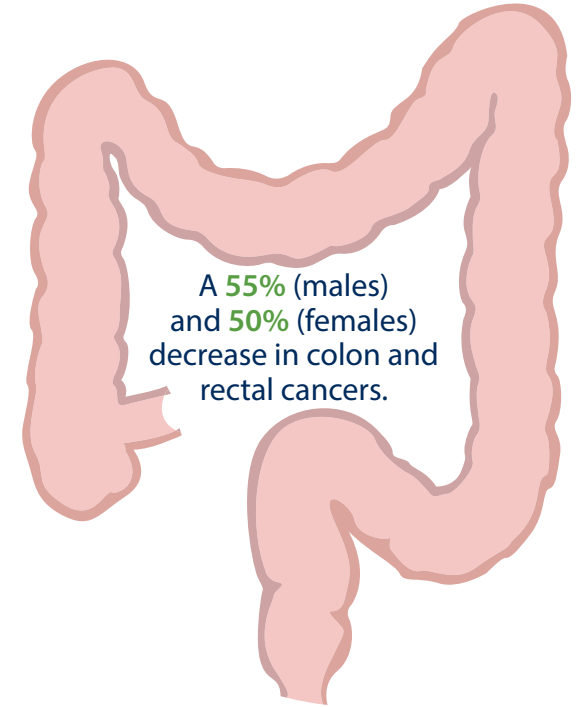
# The Benefits of Being Active

There is plenty of information demonstrating the protective effects of regular physical activity among smokers, showing improvements in life expectancy, quality of life, and a reduction in the risk of cardiovascular disease and cancer.

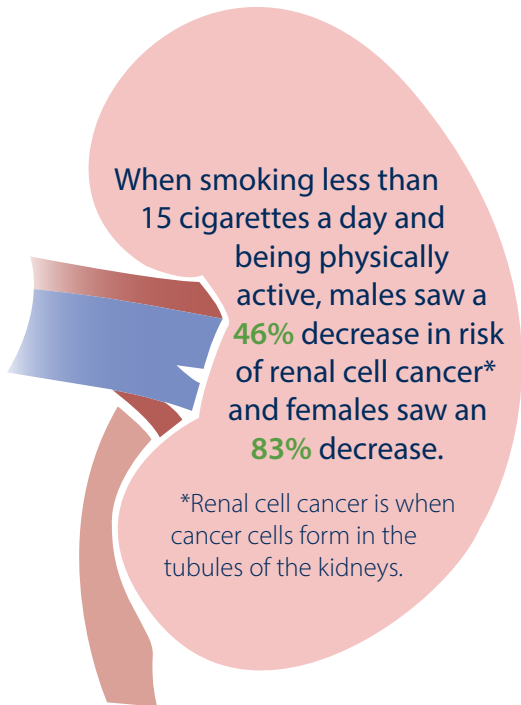
According to W. deRuiter et al. 2005, smokers who were active in varying degrees compared to non-active smokers demonstrated the following:



Females saw a **32%** decrease in the risk of coronary heart disease.

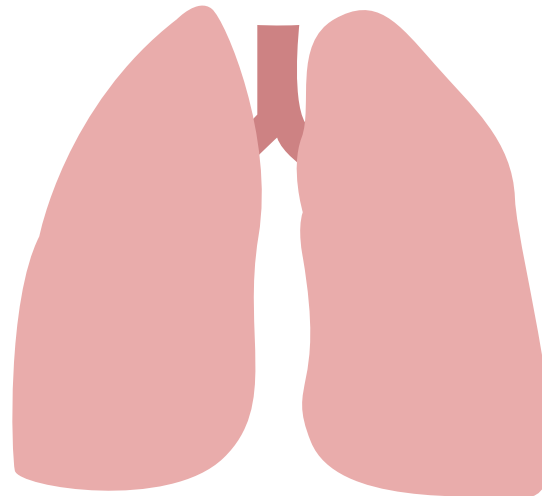


A **55%** (males) and **50%** (females) decrease in colon and rectal cancers.

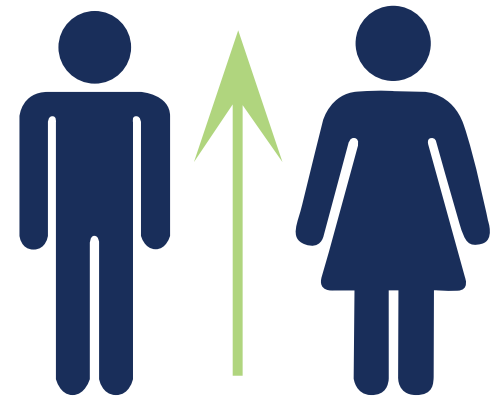


When smoking less than 15 cigarettes a day and being physically active, males saw a **46%** decrease in risk of renal cell cancer\* and females saw an **83%** decrease.

\*Renal cell cancer is when cancer cells form in the tubules of the kidneys.



Those engaging in a high amount of activity will have a **28%** (male) and **35%** (female) decrease in risk for lung cancer.



The life expectancy of males increases **9.5-12.9 years**, and for females, it increases **11.3-15.3 years**.

Source: deRuiter, Wayne., Faulkner, Guy. (2005). Tobacco harm reduction strategies: The case for physical activity. Nicotine and Tobacco Research, 8, 2, April 2006, 157-168