

# # MY BODY MY MISSION

## MISSION 2: Exercise

### EACH YEAR

- The more active people are, the longer they live.  
-National Institute of Health
- Less than 3 out of 10 high school students get at least 60 minutes of physical activity a day.  
-Centers for Disease Control and Prevention
- Adolescents spend a significant amount of time on the computer or watching television compared to exercising.  
-American Health Association

**MOST PEOPLE, WHEN THEY THINK OF CANCER, DON'T EVEN CONSIDER FOR A MOMENT THAT IT CAN HAPPEN TO AN 18 YEAR OLD. OR A 25 YEAR OLD. OR A 37 YEAR OLD. BUT IT DOES. 72,000 TIMES PER YEAR.**  
- STUPIDCANCER.ORG.

## MISSION 2:

1. **Post** a picture or video of you doing an exercise. Like running!

2. **Tag**  
#MyBodyMyMission.

3. **Nominate** others to complete the mission or donate to MAMCF.org.

## WHY?

According to the National Cancer Institute, physical activity is a critical component of energy balance which describes how weight, diet and physical activity influence health.

### Benefits of Physical Activity:

- Optimal weight
- Prevent Injury
- Improve Mood
- Reduce your risk of Cancer, Heart Disease and Type 2 Diabetes

**Mommy and Me Cancer Foundation**

[www.mamcf.org](http://www.mamcf.org)

