**Suey Starczynski Prevention Project**

 **Disease Risk Reduction Via Regular Moderate Physical Activity Fact Sheet**

Significant research has demonstrated that regular moderate physical activity can significantly lower a person’s risk for many life threatening diseases. In addition it has been estimated that those who participate in moderate physical activity on a regular basis have slightly in excess of $2,000 lower annual health care costs than those who are not regularly physically active. With nearly 200 million sedentary Americans this accounts for a staggering $400+ *billion* dollars in avoidable medical cost in the US alone annually *($1 trillion in savings every 30 months*)!

The amount of human suffering on the part of both those who fall victim to such diseases significantly linked to sedentary lifestyles (and well as the suffering of their loved ones) is incalculable!

Increasing rates of obesity and diabetes have both become raging epidemics among both adults and children. Obesity greatly increases ones risk of diabetes, and diabetes kills more people annually than breast cancer and AIDS combined.

Here’s what experts say just regular moderate exercise can do to reduce a person’s risk of…

* Obesity which is a major risk factor for many forms of cancer
* 1/3 of annual cancer deaths are attributable to either diet or sedentary lifestyles
* Diabetes risks can be reduced by 58%
* Heart disease risks can be reduced by 45%
* Breast cancer risks can be reduced by 30% (*nearly 1 in 3 could be spared!)*
* Colon cancer risks can be reduced by 50%
* Even lung cancer risks can be reduced by 20% (33% of all cancer deaths are attributable to smoking!!)
* Stroke risks can be reduced by 50%

While efforts to find cures for these and many other diseases must continue to be supported, we can do far more to ***prevent*** both the suffering and staggering costs that accompany them. For your own sake and that of the ones you love – find some form of regular moderate physical activity that you can enjoy enough to make it a regular part of your life, and do your part to enact “personal health care reform”. Also, think about contacting your public officials to encourage them to get behind efforts to make disease prevention through the promotion of physical activity a greater part of public policy. *It can be practically free --* ***and the results can be priceless!***

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