Opinion

Public Health

Physical Activities
The Most Natural Preventive Way against Tumor

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Participating in physical activities has been demonstrated to be one of the most efficacious natural methods for preventing and combating cancer. Research indicates that consistent physical activity can diminish the likelihood of getting specific cancer types, such as breast, colon, and lung cancer. Physical activity aids in sustaining a healthy body weight, enhancing immunological function, and diminishing inflammation—elements that collectively minimize cancer risk. Furthermore, physical activity can enhance the overall mental well-being and quality of life for individuals diagnosed with cancer and those in remission. Healthcare practitioners recommend that persons engage in a minimum of 150 minutes of moderate-intensity exercise weekly to obtain the cancer-preventive advantages of physical activity. Incorporating regular physical activity into one's lifestyle enables individuals to proactively mitigate their cancer risk and enhance overall well-being.

Keywords: Physical Activity; Prevention; Healthcare Strategy; Risk Reduction; Well-Being

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THE RISK of developing a variety of cancers is reduced by engaging in physical activity, which has a multitude of benefits for overall health and well-being. Indeed, research has demonstrated that routine physical activity can reduce the likelihood of developing several prevalent forms of cancer, including lung, colon, pancreas, prostate, and breast cancer (Brown & Ligibel, 2019; Lavery et al., 2024; Orsini et al., 2008). In this regard, physical activity is one of the most effective and natural methods for enhancing overall health and preventing cancer.

One of the methods by which physical activity aids in the prevention of cancer is by decrease inflammation in the body (Anand et al., 2008; Brown et al., 2012; Nigro et al., 2021). The development of cancer has been associated with chronic inflammation; therefore, any measure that mitigates inflammation can reduce the likelihood of the disease developing (Anand et al., 2008; Anand et al., 2008, 2002). Physical activity is a critical instrument in the battle against cancer, as it has been demonstrated to decrease inflammation levels in the body (Brown et al., 2012).

Physical activity also aids in the regulation of hormone levels in the body, which may contribute to the development of cancer (Eickmeyer et al., 2012; Shephard & Shek, 1995). For instance, physical activity can assist in the reduction of estrogen levels in the body, which is linked to an elevated risk of breast cancer (Steindorf, 2013). Physical activity can reduce the likelihood of developing hormone-related malignancies by assisting in the regulation of hormone levels (Miles, 2007).

Physical activity is essential for the immune system, which is responsible for combating cancer cells (Batty & Thune, 2000; D'Avanzo et al., 1996; Shephard & Shek, 1995). It has been demonstrated that consistent physical activity can enhance the body's ability to detect and eliminate cancer cells prior to their growth and dissemination by increasing the production of immune cells (Friedenreich & Orenstein, 2002; Koelwyn et al., 2015). For this reason, physical activity is a critical instrument in the battle against cancer.

Physical activity can assist in the preservation of a healthy weight, which is crucial for the mitigation of the risk of cancer (Ardies, 2002; Brown et al., 2012; Shephard & Shek, 1995). A significant risk factor for numerous varieties of cancer, such as breast, colon, and kidney cancer, is being overweight or obese (Bianchini et al., 2002; Shephard & Freedson, 1996). Individuals can reduce their risk of developing these forms of cancer and maintain a healthy weight by participating in regular physical activity Byers, 2002; International Agency for Research on Cancer (IARC), 2024).

Physical activity is also beneficial for enhancing cardiovascular health, which is crucial for reducing the risk of cancer (Byers, 2002). Cardiovascular disease is a significant risk factor for the development of numerous cancers. Consequently, any measure that enhances heart health can also reduce the likelihood of developing the disease (Hasler, 2002; Song et al., 2010). The risk of cardiovascular disease and cancer can be reduced by engaging in regular physical activity, which can help to improve circulation and strengthen the heart (Shephard & Freedson, 1996).

Furthermore, physical activity can contribute to the improvement of mental health and the reduction of tension, which can have a beneficial effect on overall health and well-being (Gielen et al., 2010; Tao et al., 2023). The risk of cancer has been associated with chronic stress; therefore, any measure that mitigates stress can also reduce the likelihood of developing the disease (Chida et al., 2008; Muscatell & Eisenberger, 2012). It has been demonstrated that physical activity is an effective method for reducing the risk of cancer by reducing the levels of stress hormones in the body (Muscatell & Eisenberger, 2012; Orsini et al., 2008).

Physical activity can enhance the quality of sleep, which is crucial for your overall health and well-being (Brown et al., 2012; Zapalac et al., 2024). In order to prevent cancer, it is essential to maintain a healthy immune system and reduce inflammation in the body (Morishita, 2016). Adequate sleep is essential for these purposes. Individuals can enhance their sleep quality and reduce their likelihood of developing cancer by participating in consistent physical activity (Langevin et al., 2023).

Additionally, lung function can be enhanced through physical activity, which is crucial for mitigating the risk of lung cancer (Lee et al., 1999; Nigro et al., 2021). The body can more easily expel contaminants and reduce the risk of developing lung cancer by strengthening the lungs and improving respiratory function through regular exercise (Cannioto et al., 2018; Ezzat et al., 2025). This renders physical activity a critical instrument in the battle against lung cancer.

Thus, physical activity is one of the most effective and natural methods of enhancing overall health and preventing cancer. Physical exercise can reduce the risk of developing cancer and improve overall well-being by regulating hormone levels, boosting the immune system, maintaining a healthy weight, improving cardiovascular health, reducing stress, improving sleep quality, and enhancing lung function. It is crucial for individuals to integrate physical activity into their daily routine in order to profit from the numerous advantages it provides in the battle against cancer.■

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