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HEALTH BULLETIN®



SWIM FOR JUST
60 MINUTES A WEEK
AND YOU'LL CUT YOUR
RISK OF PROSTATE
CANCER BY 31 PERCENT.

PREVENT CANCER WITH CARDIO

■ It's time to take America's second leading killer of men down a few notches. **Men with the highest fitness levels are three times less likely to die of cancer** compared with those who are least active, according to a University at Buffalo study. The benefits of staying in good cardiovascular shape were constant regardless of whether the men were lean or overweight. Moderate exercise appears to help disarm free radicals, the rogue chemicals that cause the DNA damage that leads to cancer, says the study author, Steve Farrell, Ph.D. Find out your current fitness level at MensHealth.com/cardiotest.