

72% reduction: High-intensity exercise can dramatically reduce your cancer risk

While working with other researchers, Prof. [Carmit Levy](#), Ph.D., associate professor of human molecular genetics and biochemistry at Tel Aviv University, became interested in how muscle is resistant to metastatic cancer.

That work led to a new study from Tel Aviv University, recently published in [Cancer Research](#), which suggests people may be able to reduce their risk of developing metastatic cancer by regularly engaging in high intensity aerobic exercise.

“From [being curious] about the muscle, we ended up investigating physical activity,” Prof. Levy told *Medical News Today*. “We said, ‘OK, there’s something about the activity of the muscle that maybe protects this organ from being a common site for metastasis for all types of cancers.’”

With their work, the researchers identified the mechanism behind the preventive effect of exercise. They found that physical activity increases glucose consumption by internal organs, which means less energy available to the tumor.

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Data from the prospective study showed that exercise prior to developing cancer had a modest impact on diagnoses of slow-growing cancer.

However, exercise “significantly reduced the likelihood of highly metastatic cancer,” according to the researchers.

Among the participants studied, those who reported regular aerobic exercise at high intensity had 72% less metastatic cancer than sedentary participants.

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