



# Physical Activity, Dietary Calorie Restriction, and Cancer (Energy Balance and Cancer) (Volume 3)

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### Physical Activity, Dietary Calorie Restriction, and Cancer (Energy Balance and Cancer) (Volume 3)

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The WHO estimates that physical activity and weight control could prevent a quarter of common cancers. This book shows how obesity and sedentary lifestyles adversely affect cancer risk and survival for individuals, and analyzes the causal mechanisms.



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