

Towards Prevention

REDUCE YOUR CANCER RISK BY TAKING A CLOSE LOOK AT YOUR DIETARY, EXERCISE, AND LIFESTYLE HABITS.

Life Style

- If you smoke, quit. If you don't, don't start!
- Get at least 60 minutes of exercise 5 times a week.
- Maintain a healthy weight.
- Limit alcohol consumption

Nutrition

- Eat a balanced diet of vegetables, fruits, whole grains, and sources of protein.
- Reduce intake of saturated fats and refined sugars; can be "fuels" for certain types of cancer
- Eat more whole foods and less processed/fast foods.

Small Changes = Big impacts

- Slowly add more activity into your day such as a 10 min. walk after dinner.
- If you eat fast food frequently, cut back slowly to only one or two times per week at first.
- Start performing self examinations or body checks monthly- it only takes 10 min!