

KEY LIFESTYLE CHOICES TO REDUCE CANCER RISK:

01

AVOID TOBACCO



- Smoking is the #1 preventable cause of cancer
- Quitting at any age improves health and reduces risk

02



GET SCREENED

Early detection saves lives! Ask your provider about:
Mammograms, Colonoscopies, Pap Smears, Skin Checks

03

MOVE MORE, SIT LESS



- Aim for 150+ minutes of moderate activity per week
- Movement lowers your risk for several cancers, including colon and breast

04



MAINTAIN A HEALTHY WEIGHT

- Excess weight is linked to 13+ types of cancer
- Focus on long-term, healthy habits, not fad diets