



It's true:  
**You can help reduce  
your cancer risk.**

There are choices you can make that can help reduce your risk of getting cancer. Some of them may be easier than you think.

**Stay away from tobacco**, including cigarettes, cigars, chewing tobacco, and other forms.

**Get moving** with regular physical activity. We recommend at least 75-150 minutes of vigorous activity, or 150-300 minutes of moderate activity per week.

**Eat healthy** with plenty of fruits, vegetables, and whole grains, and limit or avoid red and processed meat and processed foods.

**Get to and stay at a healthy weight.**

**It's best not to drink alcohol.** If you do drink, women should have no more than 1 drink per day and men should have no more than 2 drinks per day.

**Protect your skin from the sun** with sunscreen, clothing, wide-brimmed hats, and sunglasses; and avoid the sun from 10 a.m. until 4 p.m.

**Know yourself, your family history, and your risks**, and let your health care team know about them, too.

**Get regular checkups and cancer screening tests.**

Visit us online at [cancer.org](https://www.cancer.org) or call **1-800-227-2345** to learn more about what you can do to help reduce your cancer risk and to get answers to your cancer questions. We're here when you need us.

EDUCATIONAL MATERIALS COURTESY OF

