

At least half of all cancers can be prevented with a healthy lifestyle



Stop smoking

It's the best present you will ever give yourself



Move your body

Be physically active every day



Stay in shape

Aim for a healthy body weight



Eat for health

Choose a varied diet with plenty of fruit and vegetables



Be SunSmart

Protect yourself in the sun and take care not to burn



Avoid alcohol

Try alcohol-free days and non-alcoholic drinks



Look after number one

Know your body and visit your doctor regularly

For more information ask your doctor
or visit www.cancer.org.au/lifestyle

The Cancer Council
Helpline
13 11 20