

# At least a third 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 active every day and avoid sitting for too long



## Stay in shape

Avoid weight gain and try for a healthy body weight



## Eat for health

Choose plenty of fruit and vegies and avoid junk foods



## Be SunSmart

Protect yourself in the sun and make sure you don't get sun burnt



## Avoid alcohol

Have alcohol-free days and drink water instead



## Look after yourself

Participate in screening and vaccination programs; know your body and visit your health worker if you have concerns or notice changes

