

# REDUCE YOUR RISK OF CANCER

**A WELL-ROUNDED GUIDE TO LEAD YOU THROUGH POSITIVE LIFESTYLE CHANGES THAT WILL LOWER YOUR CHANCES OF DEVELOPING CANCER!**



## UNDERSTANDING CANCER:

- Cancer is an uncontrolled growth and spread of unhealthy cells within our body. There are many factors that influence our cancer risk, some of which we cannot control; however, there are many behaviors and lifestyle factors that we can and should control. The most known causes of cancer include tobacco use, poor nutrition, obesity, physical inactivity, negative stress, inflammation, drugs, alcohol, excessive sun exposure, environmental risks, infectious diseases and other carcinogens.

## LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Be a healthy weight. There is overwhelming evidence linking body fatness to cancer. Over-fatness is a cause of 12 cancers.
- Be physically active. Walking more and sitting less is a great way to reduce cancer risk. More activity = increased benefit.
- Eat a diet rich in whole grains, vegetables, fruits and beans. This is associated with a lower risk of cancer.
- Limit consumption of "fast foods" and other processed foods that are high in fat, starches, or sugars. High consumption of these foods may lead to weight gain, overweight, obesity and increased body weight increases cancer risk.
- Limit consumption of red and processed meat. Eat no more than 12-18 ounces of red meat (such as beef, pork, and lamb. Eat a little, if any processed meat. There is evidence that eating red or processed meat are both causes of colorectal cancer.
- Limit consumption of sugar-sweetened drinks. Strong evidence that regularly drinking these beverages cause weight gain.
- Limit alcohol consumption. For cancer prevention, it is best not to drink alcohol. Evidence suggests that alcohol is a cause of 6 cancers, and even one small glass of alcohol a day can increase the risk of some cancers.
- Do not use supplements for cancer prevention. Aim to meet your nutritional needs through diet.
- For mothers, breastfeed your baby, if you can. This can help the mother reduce your chances of developing breast cancer.
- Avoid smoking and all tobacco products.
- Avoid and limit excess sun exposure and tanning salons.
- Following all the above recommendations you are likely to reduce intake of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

## LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

## ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://live-lead.teachable.com/p/understandcancer>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/reduce>
- Transform your health through our 12-week Healthy Now and Forever course: <https://liveandlead.teachable.com/p/healthy>

## MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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