



*Simple, science-backed guidance for a healthier workforce*

## Cancer Prevention: Healthy Lifestyle Behaviors

Cancer is the second most common cause of death in the United States, after heart disease. We can lower the chances of getting cancer by making healthy lifestyle choices. Research continues to explore contributing factors, but there are some widely accepted recommendations for cancer prevention.



### Enjoy Eating Healthy Foods

- Include vegetables, fruits whole grains, beans and legumes
- Limit processed foods and trans fats
- Avoid alcohol, or drink in moderation



### Feel Good by Moving More

- Plan for moderate aerobic activity most days
- Helps maintain healthy weight to decrease cancer risks
- Invite a co-worker to join you for a walk



### Protect Skin from the Sun

- Limit time in the sun
- Use plenty of broad-spectrum sunscreen
- Cover skin and wear sunglasses



### Get Regular Medical Care

- Get screenings for cancers of the skin, colon, cervix and breast
- Do regular self-exams
- Talk to a healthcare professional about preventative vaccines

### Try It This Week:

#### Take a Walk During Your Lunch Break!

Regular physical activity decreases the risk for cancer and provides many health benefits. Taking a walk during your lunch break is an easy way to move more during the day. All you need is a comfortable pair of shoes. Invite a co-worker and plan to walk most days of the week!



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