

TIPS FOR HEALTHY RESOLUTIONS IN 2018



QUIT USING TOBACCO PRODUCTS

Smoking is a leading cause of cancer and death from cancer. Cancers associated with tobacco are lung, esophagus, larynx, mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum, as well as acute myeloid leukemia.



MAINTAIN A HEALTHY WEIGHT

How your weight changes throughout your life may also affect your risk for cancer. Practice a healthy diet and exercise while consulting your doctor.



LEARN TO COOK HEALTHY

For cancer protection, it's your overall diet that makes a difference, and that includes what you eat, as well as how you cook and prepare your foods.

[Click here for tips.](#)



GET OUT THERE!

Physical activity may lower the risk of cancer by preventing obesity, reducing inflammation and hormone levels, and improving insulin resistance and immune system function. Try a few new activities this year!



CUT YOUR STRESS

Chronic stress can have a big impact on your health. Take time to do the things that you find relaxing, get enough sleep, and take time for yourself.

Sources:

- bit.ly/2ihw01w
- bit.ly/2hQlbkw
- bit.ly/2hQPClz



CANCER PREVENTION INSTITUTE
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Preventing Cancer. Promoting Life.