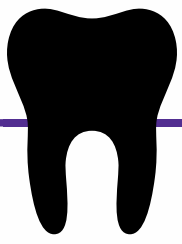


# A DAY IN THE LIFE OF CANCER PREVENTION

TAKE IT ONE STEP AT A TIME. ADD THESE TIPS TO YOUR DAY UNTIL YOU ARE LIVING THE CANCER PREVENTION LIFESTYLE!



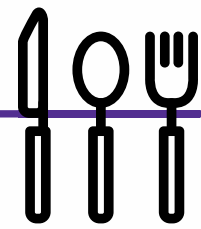
6AM

Brush  
teeth



6:15AM

Work out



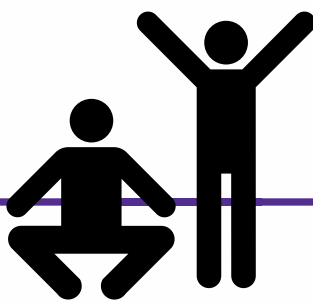
7 AM

Healthy  
breakfast



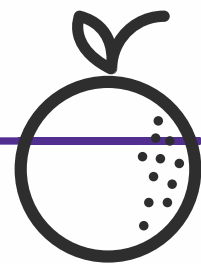
7:15 AM

Apply  
sunscreen



8 AM -  
12 PM

Move 10  
min. every  
hour



12 PM

Healthy  
lunch



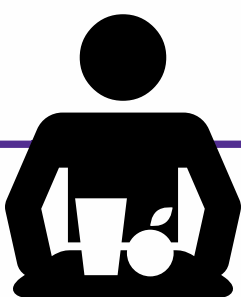
3 PM

Schedule  
screenings



5 PM

Manicure -  
appt. at healthy  
salon



6 PM

Healthy  
Dinner



10 PM

Lights out  
in a dark  
room



CANCER PREVENTION INSTITUTE  
OF CALIFORNIA

Preventing Cancer. Promoting Life.

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