

Half of all cancers could be prevented by changes to lifestyle

reduce *the* risk

CANCER RESEARCH UK



stop smoking

This is the best present you will ever give yourself. We know it's hard but support and effective treatments are available to help you quit smoking or chewing tobacco. Give up now and greatly reduce your risk of cancer.



stay in shape

Cut your cancer risk by keeping a healthy weight. Being overweight or obese increases your risk of several cancers. Try to balance the energy you take in from food with the energy you burn through activity. Just 30 minutes five days a week of moderate exercise such as brisk walking, gardening or swimming will help keep you healthy.



eat and drink healthily

Limit alcohol and maintain a healthy diet to reduce your risk. Alcohol increases your risk of certain cancers, more so if you also smoke. Try to limit the amount you drink. Aim for a healthy balanced diet, including plenty of fruit and vegetables – at least five portions a day.



be sunsmart

Protect yourself from the sun and harmful UV. Cover up and take care not to burn. Watch moles for any changes and get unusual skin blemishes checked out by your doctor. Avoid using sunbeds.



look after number one

Know your body, be aware of any changes and contact your doctor if you notice anything unusual. Go for screening when invited – it could save your life.