



Seven Lifesaving Things You Can Do

for Yourself
and Your Family

1. Stay away from all forms of tobacco and tobacco smoke.
2. Get to and stay at a healthy weight.
3. Follow a healthy eating pattern:
 - Include a variety of colorful vegetables and fruits, and whole grains.
 - Limit or avoid red and processed meats, sugary drinks, and highly processed foods.
4. Get moving with regular physical activity, and limit the time you spend sitting or lying down.
5. It is best not to drink alcohol. If you do drink, have no more than 1 drink per day for women or 2 drinks per day for men.
6. Protect your skin from the sun – even on hazy days.
7. Get regular check-ups, and talk to a health care provider about cancer screening tests that could help save your life.

For the latest cancer information, day-to-day help, and emotional support, call the American Cancer Society at **1-800-227-2345**. We're here for you every step of the way.

