

EATING WELL & STAYING ACTIVE HELPS FIGHT CANCER

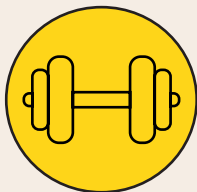


Some of the most important things you can do to help reduce your cancer risk include:

ALABAMA
PUBLIC
HEALTH



Maintain a healthy weight



Be physically active on a regular basis
(at least 150 minutes a week)



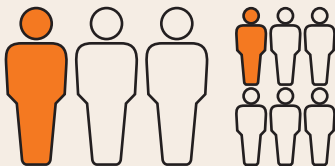
Make healthy food choices



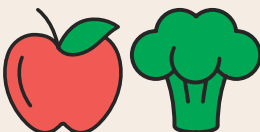
Quit smoking



Limit the amount of alcohol you drink



1 in 3 Adults and 1 in 6 Children & Adolescents are Obese



A healthy diet includes 1 to 2 cups of fruit per day & 1 to 4 cups of vegetables per day