

GET OFF THE BENCH

and cut your cancer risk



Physical Activity

Step up and get active. 30 minutes of training a day can help reduce your cancer risk. 60 minutes would be even better.

Nutrition

Healthy food means a healthy body. Keep your doctor (and coach) happy by limiting red meat to 3-4 times a week.

Why not chuck some vegies on the barbie?

Know your body

The best chance you have to tackle cancer is to find it early. If you notice lumps or sores that don't heal, coughs that won't go away or moles that have changed shape, size or colour, it's a good idea to get them checked out.

Smoking

Want to perform better on the field?

Quit smoking. Your body works better with more oxygen. You'll also reduce your risk of lung cancer by half in ten years time.

Be SunSmart

When you are out playing, remember to stay SunSmart. Outdoor activity is vital for your health and wellbeing. But before you start, check out the UV Alert so you know if you need sun protection or if it's safe to get some sun for vitamin D.

More than a third of all cancers can be prevented with a healthy lifestyle.

For more tips on how to cut your cancer risk phone Cancer Council Helpline on 13 11 20.

Find the alert in your daily newspaper, at www.cancer.org.au or on the SunSmart app for iPhones.

calltoarms.com.au

