

Tip the Scales in Your Favor



Who is at risk of getting cancer? Anyone.

Who should take steps to prevent cancer? Everyone.

Well, that pretty much covers every person on the planet. That's you...that's your family, your friends, your neighbors, your co-workers, the kid who mows your lawn, the girl who sold you Girl Scout cookies, that man in line at the post office, and hey, don't forget about that telemarketer who called last week.

What can you do about it?

It may not be possible to completely eliminate your chances of getting cancer, but you can take proactive steps that will greatly reduce your risk.

Tobacco

Quitting smoking is key to reducing or even eliminating your risk of getting certain types of cancers. Make a plan to quit.

Sun

It's impossible (not to mention, not all that fun) to avoid all sunlight. But you can help reduce your exposure to the harmful UV rays.

Food

Diet is another great way to help stay healthy and reduce your risk of developing cancer.

Fitness

Get moving, everyone!

Adults: Engage in at least 30 minutes of moderate to vigorous activity, above usual activities, on five or more days of the week; 45 to 60 minutes of intentional physical activity are preferable.

Children and Adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity for at least five days per week.

The Importance of Early Detection

Check-ups! Check-ups! Check-ups!

Be vigilant. When you see your doctor (which should be yearly at a minimum) talk to him or her about what cancer screenings are recommended for you. Early detection has proven effective in treating and managing cancer.

So, what can you do about it?

Quit smoking!

Protect yourself from the sun!

Eat right!

Stay in shape!

Have your screening tests!

Source: American Cancer Society

Be healthy, be happy!

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