

## CANCER PREVENTION TIPS



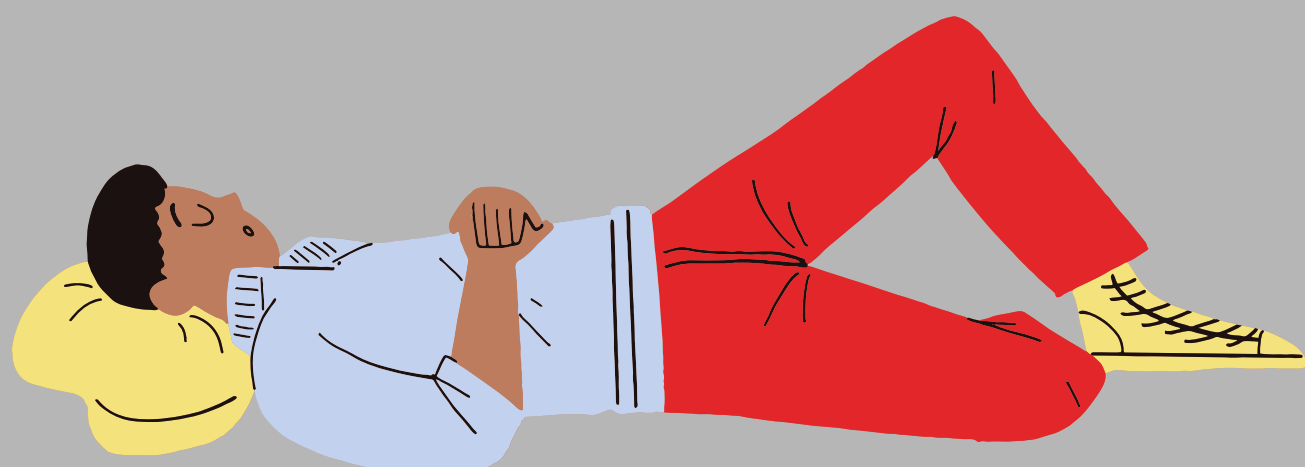
### EAT HEALTHY

Increase consumption of fruits, vegetables, and whole grains.



### GET SCREENED

Take part in organized cancer screening programs.



### PRIORITIZE SLEEP

Adequate sleep is an essential component of healthy development and well being.



### REGULAR EXERCISE

Regular physical activity has been linked to lower the risk of 13 types of cancer.