

Reduce Your Cancer Risk

Increase Physical Activity

Adults need 30 minutes of moderate exercise five or more days a week.

Children need 60 minutes of moderate exercise five or more days a week.

Types of Exercise

- Light - Not breathing heavily
- Moderate - Breathing more heavily
- Strenuous - Breathing heavily

Walk Across Texas!

Walk the 830 miles across the state by logging your miles walked and pounds lost by visiting:



<http://walkacrosstexas.tamu.edu>

Keep Your Skin Healthy

- Wear sunscreen with a sun protection factor (SPF) of 15 or more on all areas of skin exposed to sun.
- Limit sun exposure between 10 a.m. and 4 p.m.
- Wear broad-brimmed hats, wraparound sunglasses, and long-sleeved shirts to protect your skin.
- Don't get a tan.
- If you are between 20 and 40 years of age, have a physician examine your skin every three years.
- If you are over 40 years of age, have a skin examination every year.



Cancer Prevention & Research Institute of Texas

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Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Stop or don't start tobacco use



Want to quit using tobacco? Call the American Cancer Society at 1-800-ACS-2345 today!



If you smoke -- Put it outside and away from your children.



Encourage children not to use tobacco products!



Choose smoke-free restaurants.



Talk to your family about the importance of a smoke-free home.



Eat Healthy

Don't Overeat!

Eat more Fruits and Vegetables

- 5 servings a day
- Choose with lots of color - high nutrient content!

Limit type and amount of fat in your diet by:

- Choosing lean meats
- Eating low-fat dairy products
- Using vegetable oils (Canola/Olive)

