



Livingston Health Department News

CANCER PREVENTION TIPS FROM THE HEALTH DEPARTMENT

Maintain a healthy weight throughout your life:

- 1. Balance calorie intake with physical activity**
- 2. Avoid excessive weight gain throughout life**
- 3. Achieve a healthy weight, if currently overweight or obese**

Adopt a physically active lifestyle:

- 1. Switch activities, swim, dance, yoga, bike, run, walk, play golf, garden**
- 2. Goal: 45 to 60 minutes of physical activities depending on age, your individual health and activity regime and your physician's knowledge and directions. Invite your partner, kids, grandkids or friends to join you.**

Eat a healthy diet with an emphasis on plant sources

- 1. Choose portions that help achieve a healthy weight**
- 2. Eat 5 or more servings of a variety of fruits and vegetables daily**
- 3. Select whole grains over processed grains**
- 4. Limit processed food and red meats on your menu**
- 5 Choose foods that are low in fat, sugar, and calories**
- 6 Prepare meats by baking, slow cooking, poaching or grilling**
- 7. No smoking, and limit your alcohol intake.**

Enjoy your day, balance activity with periods of relaxation. Try to listen to music, read, meditate, try art work, writing in a journal, stay close to family and friends and enjoy each and every day.

**American Cancer Society
Mayo Clinic**