

The simplest way

...to reduce your cancer risk.

Latest evidence shows that 1 in 3 cancer cases are preventable through a number of lifestyle changes.

Cancer Council NSW has launched a new campaign which is addressing for the first time all the ways in which people can reduce their cancer risk through healthy lifestyle choices – which will directly help to reduce the number of cancer cases diagnosed in the future.



There are clear things that people can do to stack the odds of preventing cancer in their favour:

- don't smoke;
- protect themselves from the sun;
- achieve a healthy weight;
- cut down on alcohol;
- cut down on red and processed meats;
- eat more fruit and vegetables;
- be physically active.

For more information visit: www.1in3cancers.com.au.

**For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit**

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.