

# Top tips for reducing your risk of cancer.

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## 1. Be a healthy weight

Keeping your weight within a healthy range can help reduce your risk of developing cancer. There is strong evidence that greater body fatness causes many cancers, and this evidence has strengthened over the last decade.

## 2. Be active regularly

Regular physical activity can help reduce your risk of cancer. Aim for at least 30 minutes a day, 5 days a week. As well as moving more and sitting less in general.

## 3. Eat a healthy, well-balanced diet

High in fruit and vegetables (at least 5 portions a day); high in whole grain foods; and low in red meat (eat just

twice a week). Limit processed foods high in fat, starches or sugars to help control calorie intake

## 4. Limit your alcohol consumption

Drinking more than the recommended amount can increase the risk of some cancers. For cancer prevention, it's best not to drink alcohol.

## 5. Don't smoke

If you're a smoker, stopping smoking is the single most important step you can take.

## 6. Know your body

Check yourself regularly and if you are concerned about any signs or symptoms then visit your GP straight away.