

health hints

Resolve To Lower Your Cancer Risk

(NAPSA)—This year, for your New Year's resolutions, be sure to include some that can help lower your overall cancer risk.

The Cancer Research and Prevention Foundation—formerly the



Keeping your weight in check and exercising can help lower the risk for cancer.

Cancer Research Foundation of America—recommends four simple steps.

- **Get your body moving.** Physical activity can help keep your weight in check and make your body stronger and more flexible.

- **Keep your weight in check.** Obesity puts you at higher risk for several health problems, including some cancers.

- **Stop using tobacco.** Tobacco can increase your risk for several cancers. If you use tobacco, quit. If you don't use it, don't start.

- **Keep alcohol use in check.** Drinking alcohol increases the risk for some cancers. If you drink, do so in moderation.

Big changes can come from small beginnings, so focus on one or two steps for starters. To learn more, visit www.preventcancer.org.