



CANCER

and the importance of maintaining a healthy weight

Did you know that a recent study found 65% of South Africans to be obese? Being overweight or obese increases your risk of developing certain common cancers as well as increasing one's own risk of death.

Know your Body Mass Index (BMI)

BMI is a measure of body fat based on a person's height and weight. It is used to screen for weight categories that may lead to health problems.

Make healthy food choices

Enjoying a healthy, balanced diet is linked to a decreased cancer risk, while diets that are heavy on processed fast foods increase your risk. Visit cansa.org.za/eat-drink-smart/ for some helpful tips.

Move your body everyday

Research shows that (when combined with healthy food options) regular physical activity helps to lower your risk of cancer. Try your best to do some kind of exercise every day, whether it's going for a walk, taking the stairs instead of the elevator or even dancing! Just get moving.

Make yourself (and your health) #1

Once you're in the swing of a healthy lifestyle it's important to maintain it. To do this, make sure that your health is always your top priority.

Healthy TIPS

Maintain a healthy diet



Be physically active every day



Make your health a priority

