

HEALTHY EATING AND ACTIVE LIVING

TO REDUCE CANCER RISK AND RECURRENCE IN WISCONSIN



Regular physical activity decreases the risk of

8

cancer types for adults.

1 in 5

cancer cases are related to poor nutrition, physical inactivity, excess body weight, and excess alcohol consumption.

YOU CAN ADOPT A HEALTHY LIFESTYLE BY:



Eating more fruits, vegetables, and whole grains



Limiting sugary drinks and processed foods



Limiting red meat consumption



Limiting or stopping alcohol consumption



Moving for 30 minutes every day, for example, going for a brisk walk or bike ride

OPPORTUNITIES FOR HEALTHY EATING AND ACTIVE LIVING IN OUR COMMUNITIES:



Make physical activity safe and accessible



Make healthy food choices easier to access everywhere



Implement nutrition and physical activity policies in schools



Wisconsin
Cancer
Collaborative

Scan for infographic references and more resources.

