

Healthier You



Cervical Cancer Awareness

New Year's Day | Jan 1

Martin Luther King Jr. Day | Jan 18

Tips to help keep your resolutions

Try one at a time. Lifestyle behaviors occur over time. Don't try to change all your bad habits at once.

Be realistic. Keep your goals within reason.

Seek support. It's OK to ask for help to meet certain goals. And you may be more likely to stick to them if you talk about your struggles and seek advice from others.

Don't get down. The road to a goal often has ups and downs. It's also common to stray from a resolution. But that doesn't mean you can't get back on track or start over again.

4 common New Year's resolutions that can help reduce your cancer risk



1. GET MORE EXERCISE

Multiple studies have shown a clear link between exercise and decreased cancer risk. One study found that participants who are physically active for at least 7.5 hours a week reduced their risk of developing several cancers, including those of the colon, breast, uterus, kidney and liver, as well as blood cancers like multiple myeloma and non-Hodgkin lymphoma.

Regular exercise impacts several bodily functions that may improve your overall health. Exercise lowers the levels of certain hormones, such as estrogen, that may increase cancer risk. It helps reduce weight and prevent obesity, which is linked to many cancers. Physical activity may also help support the immune system, reduce inflammation and slow tumor growth.

3. LOSE WEIGHT

According to the CDC, obesity is linked to at least 13 types of cancer, including breast, liver, kidney, esophageal and colorectal. But how does being overweight increase your cancer risk? Obesity is linked to the production of certain hormones, such as insulin and estrogen, which may increase risk. Also, those who are obese may also have chronic inflammation, another known risk factor for cancer. Obesity also has been linked to poor outcomes for patients with cancer.

4. REDUCE STRESS

Stress may often trigger a number of visible physical responses, such as a furrowed brow, hunched shoulders, sweat or fidgeting or pacing. Internally, stress sets off a series of metabolic or cellular reactions that, left unaddressed, may have an effect on our ability to fight off disease. Under stress, the body produces hormones, such as adrenaline and cortisol intended to help us deal with whatever crisis we may be facing. While there is no direct evidence that chronic stress causes cancer, it may inhibit the immune system and/or promote chronic inflammation, which may increase cancer risk. Research also shows that chronic stress may promote tumor growth or metastasis. Stress may also trigger unhealthy behaviors, such as smoking, excessive drinking or overeating, resulting in obesity, all of which are linked to cancer.

2. EAT HEALTHY

Research has shown that a healthy diet is essential for overall health and may reduce your risk of certain cancers. The National Cancer Institute (NCI) cites several studies that suggest a diet rich in cruciferous vegetables may help reduce the risk of several cancers. Diets high in fiber and low in processed and charred meats are also associated with lower cancer risk.

Reducing alcohol consumption—another common New Year's resolution—may also help reduce cancer risk. Excessive drinking increases the risks of several cancers, including head and neck, esophageal, colorectal, liver and female breast cancer.



Chocolate Peanut Butter Banana Power Shake

INGREDIENTS

- 1 cup 2% milk
- ½ medium banana
- 1 tbsp. honey
- ½ container nonfat yogurt
- 3 tbsp. peanut butter
- 1 scoop chocolate protein powder



DIRECTIONS

Combine all ingredients in a blender and blend until smooth

For more healthy recipes, visit www.cancerfighters.com/s/recipes