



## Reduce your risk of cancer

There are no proven ways to prevent cancer, but you can reduce your risk of getting it. Many cancers can be prevented through lifestyle changes. It will help to lower your risk of cancer if you: eat a healthy, balanced diet, maintain a healthy weight, stay physically active, drink less alcohol, stop smoking, protect your skin from sun damage and know your body.

**Start changing your lifestyle today to avoid cancer!**

Logon today at  
[www.asps.wellbeingzone.co.uk](http://www.asps.wellbeingzone.co.uk)

**Or create** an account by clicking 'Register' and using the following code.

Organisation Code : **ASPS1**