

## TIPS AND TRICKS

# BREAST CANCER AWARENESS MONTH | Lifestyle Practices For Breast Wellness

Your small daily choices have a big impact on breast health.  
Here's how to take charge:

01

**MOVE** your body daily. Two and a half hours of exercise weekly can reduce breast cancer risk by 10-25%.

**EAT** a balanced diet rich in fruits, vegetables, and whole grains. Limit red meat, processed foods, and alcohol. Include healthy fats like avocados, olive oil, and natural nut butters.

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**MAINTAIN** a healthy weight and prioritize good sleep to reduce cancer risk factors.

**SCREEN** regularly with mammograms and wellness exams. Early detection is key to long-term health.

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**KNOW** men can get breast cancer, too. Include them in awareness efforts and watch for signs like lumps and skin changes.

**EMPOWER** yourself through awareness, consistent monitoring, and healthy lifestyle habits.

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For more information, explore the National Breast Cancer Foundation's free educational resources, including their **Healthy Living & Personal Risk Guide**.