



Canadian  
Cancer  
Society

Imagine a world with less cancer.  
Impossible? Not at all.

# It's My Life!

**STOP CANCER BEFORE IT STARTS**



About half of all cancers can be prevented.



**DON'T SMOKE**



**BE SAFE IN  
THE SUN**



**EAT WELL**



**BE ACTIVE**



**HAVE A HEALTHY  
BODY WEIGHT**



**LIMIT ALCOHOL**

How does your lifestyle affect cancer risk?  
Explore [itsmylife.cancer.ca](http://itsmylife.cancer.ca)