

## McLaren Print System Order

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Brochures  
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**HOW TO BEGIN AN EXERCISE PROGRAM**  
 When you decide to change your lifestyle, make changes slowly and increase activity gradually. These are new habits you want to keep for the rest of your life.  
 Set realistic goals. To start, try walking five minutes a day for two weeks. Your goal should be 30 minutes a day. Remember, you do not need to do the 30 minutes all at once; you can break it up into three 10-minute sessions.  
 An exercise "buddy" may help you stick to your goals and make the time pass faster. Moreover, you will motivate each other. Remember to reward yourself when you meet your goals, but do not use food. Try a massage, a new haircut or doing something you enjoy.  
 Make activity a part of your daily life. Park your car farther from the door when shopping or running errands. Walk downstairs instead of using the elevator; gradually add walking up a few flights. Walk to your co-worker's desk instead of sending an email or calling them. Try exercising in front of the TV during your favorite show.  
 Choose activities you enjoy. Exercise can be fun. Walking, gardening or dancing for at least 30 minutes on most days of the week is a great exercise. Find activities that you enjoy in your life.  
**THE BOTTOM LINE**  
 • Follow the recommended guidelines for healthy eating and exercising.  
 • If you smoke, talk to your health care provider about quitting.  
 • Talk to your health care provider before starting or increasing physical activity.  
 • Ask your health care provider about taking vitamins.

**FOR MORE INFORMATION**  
 If you would like to learn more about any of these topics, please visit [karmanos.org](http://karmanos.org). To make an appointment or to reach the Patient & Community Education department please call 1-800-KARMANOS (1-800-527-6266). Reliable information is also available from the following sources:  
  
  
 American Cancer Society  
 1515 N. St. East  
 Cincinnati, OH 45224  
 1-800-4-A-CANCER  
 www.cancer.org  
 National Cancer Institute  
 800-N-CANCER  
 www.cancer.gov

**NUTRITION AND PHYSICAL ACTIVITY**  
**WHAT YOU NEED TO KNOW**  
**TAKING CONTROL OF YOUR HEALTH**  
 Many things cause cancer. Some are known while others are unknown. Research shows many of the cancer deaths in the United States can be prevented. You can reduce your chances of getting cancer by making changes to your lifestyle.  
 Smoking, more than anything, increases your chances of getting cancer. A poor diet and lack of exercise also increase your chance of developing the disease. Obesity is linked to some cancers, and it is related to poor cancer survival rates.  
**EAT HEALTHFULLY TO REDUCE YOUR CANCER RISK**  
**Fruits and vegetables**  
 These foods contain vitamins, fiber and antioxidants that help protect your body. Listed below are suggested daily recommendations for fruits and vegetables:  
 • Children ages 2-8 - Up to 2 cups of fruit and 2 1/2 cups of vegetables a day  
 • Adolescents ages 9-13 - Up to 2 cups of fruit and 3 1/2 cups of vegetables, depending on activity levels  
 • Adults - Up to 2 1/2 cups of fruit and 3 1/2 cups of vegetables, depending on activity levels  
 Fruit and vegetable intake should be varied on a weekly basis to ensure you are benefiting from a wide variety of vitamins, fiber and plant chemicals that help promote a healthy body.  
 Another tip is to increase fruit and vegetable intake is to fill half of your plate with a variety of fruits and/or vegetables.

**WHOLE GRAINS**  
 Whole grains contain fiber, vitamins and antioxidants. Look for labels that say "100 percent whole grain" or "100 percent whole wheat".  
 Do not be misled by labels that say "wheat bread," "100 percent wheat" or "multi-grain." They may contain little or no whole grain.  
 Try to have 3-5 servings of whole grains a day. One serving, for example, is:  
 • 1 slice of whole wheat bread  
 • 1/2 cup cooked or cold cereal, rice or pasta  
**CHOOSE "HEALTHY" FATS**  
 There are "good" fats and "bad" fats. Good fats are monounsaturated and polyunsaturated fats, consumed in moderation. They are found in foods such as nuts, fish, olive and canola oil. The "bad" fats are saturated and trans fats. Saturated fats come from meat and whole milk dairy products. Trans fats primarily come from commercially prepared foods that contain hydrogenated oils, including many snack foods, baked goods and fast foods.  
 Remember, all fats are high in calories, but many foods labeled "low-fat" may be high in sugar calories.  
 The American Cancer Society recommends reducing the amount of fat and red meat you consume, especially high-fat and processed meats.

**Spec Info:**

\*This information is intended to serve as a guideline only. Please consult with a health care provider before making lifestyle changes.

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