



FFCF

Fire Fighter Cancer Foundation

Embrace the Challenge for a Healthier 2018

“One-third of all cancer deaths in the U.S. each year are linked to diet and physical activity including being overweight or obese, while another third are caused by tobacco products.”

American Cancer Society

- Schedule a lifestyle appropriate physical** based upon age and occupation
- Commit to better nutrition** through reduced sugar and processed food consumption (increase daily intake of real fruits and vegetables)
- Think before you drink** (sugar, alcohol and energy drinks impact your health)
- Move to live** with 30 minutes of physical activity per day (U.S. Dept. of Health recommends both aerobic and strength training activity weekly)
- Check your head** and take 5 minutes daily to acknowledge how you feel (happy people are healthier people)
- Sleep for health recovery** (improve quality and reduce deprivation)
- Quit tobacco and e-cigarette use** to reduce health risks (free help is available)
- Breathe better** with improved indoor air quality and reduce environmental exposures (cleaning chemicals, mold and exhaust)
- Be proactive and be aware** (preventable preparation with health and personal documents)



I _____ accept the Challenge to
join the fight to live healthier and extinguish cancer.

Date _____

Share your pledge and goals at www.ffcancer.org.