



FEBRUARY IS NATIONAL CANCER PREVENTION MONTH!

NEARLY HALF OF ALL CANCERS CAN BE PREVENTED



WEEK 3 TIP

Move more every day, in any way! 60 minutes of exercise daily will help to maintain a healthy weight. Higher amounts of body fat increase your risk of developing over 10 different types of cancer.



Share these tips and more with your students.
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[Click here](#) to learn more about **Cancer Happens**, our free cancer education program for teens.