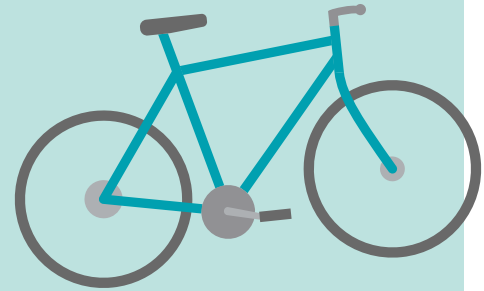
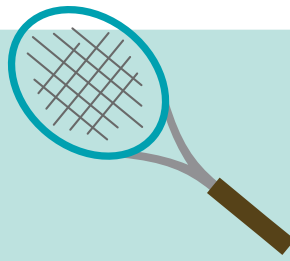


> Cancer awareness



# Being active lowers your cancer risk

Being active every day is one of the best things you can do to cut your risk of cancer. Specifically, exercise has been proven to reduce the risk of breast and colon cancer.

## What does it mean to be more active?

Being active at least 30 minutes a day (one hour is even better) can help lower your cancer risk. Do something you enjoy to stay active!

## Here are some things you might like to do:

- > Walk
- > Dance
- > Bike, 10-12 mph
- > Ice or roller skate
- > Swim
- > Golf
- > Ski
- > Canoe or kayak
- > Play team sports
- > Gardening or yard work

## Questions?

We're here to help. Please call our customer service team toll-free at 877-605-3229. TTY users, please call 711.

