

health tips

Whether you're currently in treatment or in a recovery phase, here are a few tips to help you safeguard your health. These tips are suggestions, please be sure to discuss any changes to your health care with your physician.

PHYSICAL ACTIVITY

- Try to get at least 150 minutes of moderate exercise weekly
- Try to do strength or resistance training at least twice a week
- Avoid prolonged sedentary behavior (e.g., sitting for long periods of time)

NUTRITION

- Eat a healthy plant-based diet with vegetables, fruits and whole grains
- Reduce sugar, processed foods, fried foods and red meat
- Limit alcohol consumption or eliminate completely
 - Women: one drink a day
 - Men: two drinks a day

MANAGE STRESS

- Actively manage your stress levels
- Practice mindfulness, exercise, yoga, meditation or counseling

AVOID TOBACCO PRODUCTS

USE SUNSCREEN

- Use sunscreen with a SPF of at least 30
- Protects against UVA/UVB
- Waterproof

MAINTENANCE

- Continue regular health maintenance with your primary care provider



If you have any questions please contact or
make an appointment with your patient navigator

505-727-3041.

Adapted from NCCN survivorship guidelines, version 3.3017