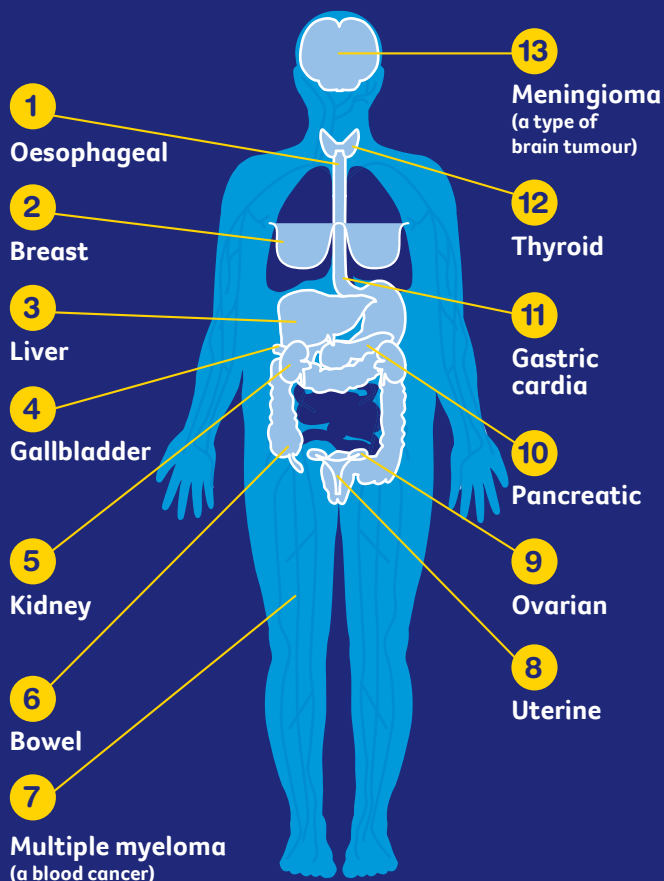


# Obesity and cancer: What is the link?

Being overweight or obese can increase your risk of 13 types of cancer.

The more fat your body has and the bigger your waistline, the greater your risk may be.



## How to decrease your risk of obesity-related cancers

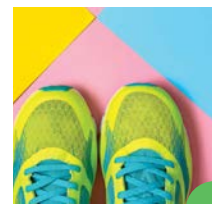


### Maintain a healthy weight

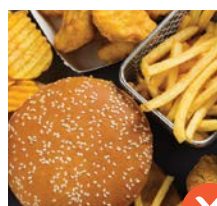
If you are overweight, try to lose some weight and prevent gaining more weight.



Try to eat at least two serves of fruit and five of vegetables each day



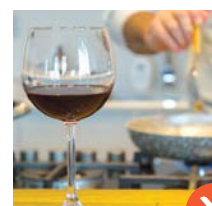
Be active every day and sit less



Eat less junk food



Avoid sugary drinks



Limit or avoid alcohol



## Remember

There are other things we can do to decrease our risk of cancer such as:



Check for unusual changes in your body and take part in cancer screening



Protect yourself from the sun



Quit smoking

## Where to get more help?

Talk to your doctor or visit [cancervic.org.au/healthyweight](http://cancervic.org.au/healthyweight)