

Lifestyle changes to reduce the risk of cancer

Avoid smoking



Stay fit



Eat healthy



Use sunscreen



**Practice
personal hygiene**



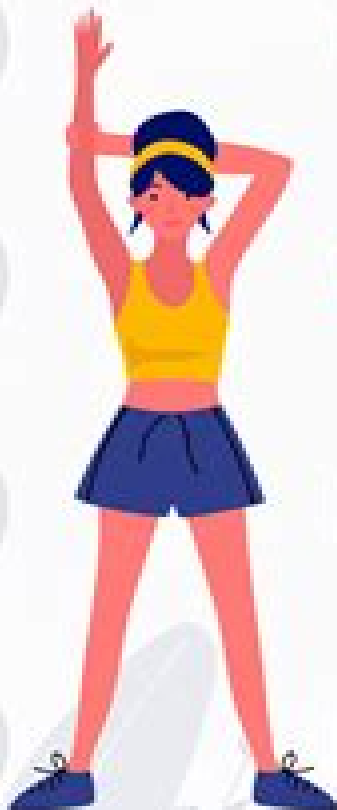
Get vaccinated



Limit alcohol intake



Schedule screenings



10 Lifestyle Changes That Got Me To Five Figures Per Month

Geri Miller



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