

Lifestyle changes to reduce the risk of cancer

Avoid smoking



Stay fit



Eat healthy



Use sunscreen



**Practice
personal hygiene**



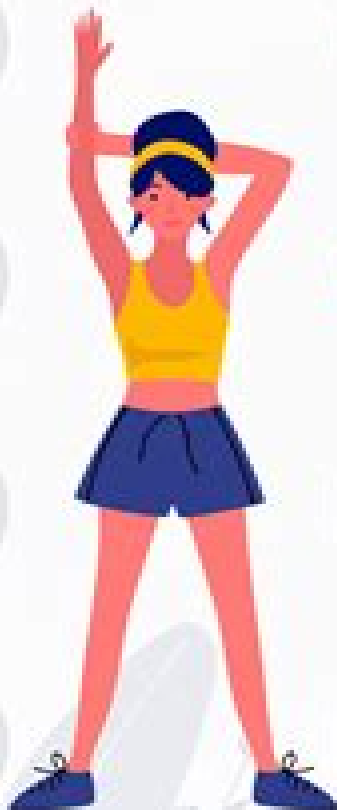
Get vaccinated



Limit alcohol intake



Schedule screenings



10 Lifestyle Changes That Got Me To Five Figures Per Month

Rene Chery



10 Lifestyle Changes That Got Me To Five Figures Per Month:

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