



**HEROES**   
**FOUNDATION**

[heroesfoundation.org](http://heroesfoundation.org)  
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**ARE YOU A HERO  
AGAINST CANCER?**

**Be strong for your family,  
your friends and yourself.**



**1 Track your activity.** Show your body who's boss. Research shows that a sedentary lifestyle can increase a person's cancer risk, so make the heroic choice! Every week, accomplish the American Cancer Society's recommended number of active minutes. Set a practical goal, make a plan, find an accountability partner, and follow your plan.

**Adults:** Get 150 minutes of moderate-intensity or 70 minutes of vigorous-intensity activity each week.

**Children and teens:** Get at least 1 hour of moderate- or vigorous-intensity activity each day, with vigorous activity at least 3 days each week.

**2 Rethink comfort food.** Feel-good foods should comfort you inside and out. While you must have a fried pork tenderloin sometimes, vegetables, fruits, whole grains and lean meats are comfort foods for your insides. One-third of all cancer deaths in the United States each year are linked to diet and physical activity, including being overweight or obese. Choose to cook, serve and eat mostly healthy foods. Leave the processed meat, red meat, alcohol and sugary treats for really special occasions—or eliminate completely.

**3 Make the sun your friend.** Being outside is awesome! Skin cancer isn't. In fact, it's the most common cancer of them all, and melanoma will account for more than 73,000 cases of skin cancer in 2015. Follow the ACS's Slip! Slop! Slap!® and Wrap! rules:

**Slip on a shirt:** Cover up with protective clothing to guard skin when you're in the sun. Choose clothes made of tightly woven fabrics that you can't see through when held up to a light.

**Slop on sunscreen:** Use sunscreen and lip balm with broad-spectrum protection and a sun protection factor (SPF) of 30 or higher. Apply a generous amount of sunscreen (about a palmful) to all areas of unprotected skin. Reapply every 2 hours and after swimming, toweling dry or sweating.

**Slap on a hat:** Cover your head with a wide-brimmed hat, shading your face, ears and neck. If you choose a baseball cap, protect your ears and neck with sunscreen.

**4 Ask for help to get tobacco free.** Your friends, family, lungs and heart will thank you. Tobacco products cause one-third of cancer deaths each year in the United States. If you smoke or use smokeless tobacco, find help quitting. Central Indiana resources include the following:

**Indiana University Health Tobacco Cessation**  
iuhealth.org/primary-care/smoking-cessation

**St. Vincent Tobacco Management Center**  
stvincent.org/Prevention-and-Classes/Tobacco-Management-Center.aspx  
St. Vincent Tobacco Cessation Program, (317) 338-CARE

**American Cancer Society, Central Indiana Office**  
cancer.org/myacs/greatlakes  
(317) 344-7800

**American Heart Association**  
heart.org  
(317) 732-4700

**American Lung Association in Indiana**  
lung.org  
(317) 819-1181

**5 Fly, cancer-fighting hero!**

Fly! Flex your hero muscle and give back. Find a cancer-fighting cause you love and volunteer or donate. Consider the Heroes Foundation in your search. Our mission is to serve the Central Indiana cancer community through support, education, and awareness programs, and medical and scientific research. Visit us at [HeroesFoundation.org](http://HeroesFoundation.org) to sign up for our newsletter, and learn more about our programs, fund-raising events and more.

