



Latest research  
tells us that  
people who...

Eat fruit and vegetables  
Are active and  
Keep their weight down

...are less likely  
to get cancer!



So do yourself  
a favour.

Stack your lunch with  
fruit and vegetables,  
then take the stairs  
whenever you can.

It's that simple.

Start stacking the odds  
in your favour!  
Head to  
[www.livesmart.org.nz](http://www.livesmart.org.nz)

[www.livesmart.org.nz](http://www.livesmart.org.nz)

Brought to you by the Cancer Society because we want to reduce the rates of cancer in New Zealand.

