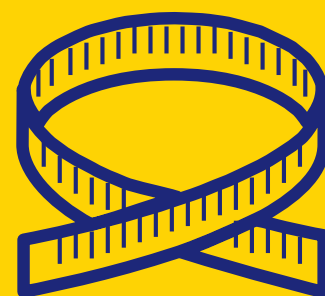


Cut your bowel cancer risk:



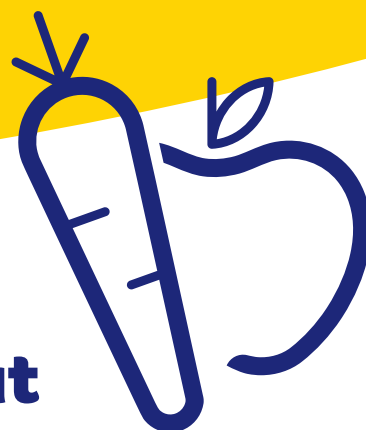
Do a bowel cancer test every 2 years from age 50-74.

Maintain a healthy weight.



Be smoke free.

- **eat a well-balanced diet**
- **eat more fibre**
- **limit or avoid processed meat and limit red meat to no more than 455g (cooked) meat per week.**



Avoid or limit alcohol.

Make sure you get 30 minutes of vigorous or 60 minutes of moderate physical activity on most days.

