

# Survivorship & A Healthy Lifestyle

## Take home points



- Exercise helps decrease your risk of developing cancer.
- Having a positive attitude towards healthy eating and exercise will make you more likely to continue.
- Food journaling is a great place to start. There are also many different apps or weight management programs to help you accomplish your goals.

### What should I ask my doctor?

- Is it safe for me to exercise?
- Should I lose weight?

### Other questions I have...

Other questions I want to ask my doctor.

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### What I am thinking...

My notes and thoughts.

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### What I am feeling...

How I feel about this information.

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