• Be physically active and avoid inactivity
• Achieve and maintain a normal body weight
• Eat healthful foods
• Limit or avoid drinking alcohol
• Avoid smoking
• Maintain normal vitamin D3 levels – 1000IU vitamin D3/day (1 tablet)

All information in this booklet was obtained from:
NCCN Guidelines for Patients: Survivorship Care for Healthy Living, 2020; www.nccn.org/patients/guidelines/content/PDF/survivorship-hl-patient.pdf
Be physically active and avoid inactivity

- Engage in physical activity daily. Physical activity includes exercise, daily routine activities, and recreational activities.
- Strive for at least 150 minutes of moderate or 75 minutes of vigorous activity per week.
- Strive to participate in strength or resistance training at least twice per week.
- Stretch major muscle groups at least twice per week.
- Avoid prolonged sedentary behavior (e.g., sitting for long periods).

### Examples of physical activity by intensity

<table>
<thead>
<tr>
<th>Light intensity</th>
<th>Moderate intensity</th>
<th>Vigorous intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow walking</td>
<td>Brisk walking</td>
<td>Race walking</td>
</tr>
<tr>
<td>Slow biking</td>
<td>Biking on flat ground</td>
<td>Biking fast</td>
</tr>
<tr>
<td>Gentle yoga</td>
<td>Vinyasa yoga</td>
<td>High-intensity yoga</td>
</tr>
<tr>
<td>Tai chi</td>
<td>Pilates</td>
<td>Martial arts</td>
</tr>
<tr>
<td>Light housework</td>
<td>Light gardening</td>
<td>Jogging, running, jumping rope</td>
</tr>
<tr>
<td>Bowling</td>
<td>Water aerobics</td>
<td>Fast swimming</td>
</tr>
</tbody>
</table>
To reduce health risks, strive to achieve and maintain a normal body weight, body mass index (BMI), and metabolic health throughout life.

BMI is a measure of body fat based on height and weight:
- A BMI of 30 or more is obese
- A BMI of 25 to 29.9 is overweight
- A BMI of 18.5 to 24.9 is normal weight
- A BMI of less than 18.5 is underweight

### Strategies for weight management

#### Strategies to gain weight
- Eat more often
- Eat food that is high in calories and nutrients
- Don’t drink while eating
- Address physical, mental, and social reasons of being underweight
- See a registered dietitian

#### Strategies to lose weight
- Check your weight every day
- Lose no more than 2 pounds per week if younger than 65 years of age; lose no more than 1 pound per week if 65 years of age or older
- Don’t eat too many high calorie foods, especially empty calorie foods
- Control how much you eat by following plate or serving size standards
- Address physical, mental, and social reasons of being overweight
- See a registered dietitian or join a weight management program
- Use community resources
- Don’t use weight loss supplements

#### Strategies to maintain weight
- Set a goal to maintain your normal body weight
- Check your weight every week
- Don’t eat too many high calorie foods, especially empty calorie foods
- Control how much you eat by following plate or serving size standards
Eat healthful foods

- Maintain a healthy, plant-based diet that is high in vegetables, fruits and whole grains and is low in refined sugars and fats.
- Limit red meat and avoid processed meats.
- Food groups will make choosing healthful foods easier:
  - **Fruits**: fresh, canned, frozen, and dried. Fruit can be squeezed or blended to make juice. Squeezed fruit juice lacks fiber, but a drink of 100% squeezed fruit juice counts as fruit.
  - **Vegetables**: fresh, canned, frozen, and dried. Vegetables include dark-green vegetables, starchy vegetables, red and orange vegetables, legumes (beans and peas) and other types. Vegetables can be squeezed or blended to make juice. Squeezed vegetable juice lacks fiber, but a drink of 100% squeezed vegetable juice counts as a vegetable.
  - **Grains**: wheat, rye, rice, oats, cornmeal, and barley. Foods from whole grains have all the parts of the seeds. Refined grains have had some parts of the seeds removed.
  - **Protein**: lean meats, poultry, fish, egg whites, nuts, seeds, beans, peas, and soy foods (tofu). There are 9 proteins that your body can’t make so protein foods are essential.
  - **Dairy**: lower-fat milk, yogurt, cheese, dark leafy greens, salmon, and beans. Dairy provides nutrients like calcium and vitamin D.
General goals of food choices and supplements

| Plant-based food | Plant-based food is made from vegetables, legumes, fruits, grains, nuts, seeds, or oils  
|                  | Plant-based food should take up half of your diet  
|                  | Eat lots of vegetables, fruits, and whole grains  
|                  | Eat 3 or fewer servings of soy per day  
| Animal-based food | Animal-based food is made from meat, poultry, fish, eggs, milk, or honey  
|                  | Animal-based food should be half or less of your diet  
|                  | Eat less than 18 ounces of red meat per week  
| Processed food | Processed food is food that has been changed from its natural state  
|                 | Limit the amount of processed food that you eat  
|                 | Avoid eating processed meat  
|                 | Limit the amount of refined sugar you eat  
| Alcohol | Limit or abstain from alcohol  
| Supplements | Supplements are products that often contain vitamins, minerals, or herbs  
|             | Do not take supplements unless your health provider prescribes them  
|             | Do not stop eating health foods because you take supplements |
Alcohol can change the way a woman’s body metabolizes estrogen. Estrogen levels are higher in women who drink alcohol than in non-drinkers. These higher estrogen levels may, in turn, increase the risk of breast cancer. Alcohol is empty calories and can lead to unwanted weight gain. Alcohol can increase levels of estrogen and other hormones associated with breast cancer. Limit alcohol intake to one drink per day for women and two drinks per day for men.
Avoid smoking

- Smoking causes genetic damage and it’s been clearly established that the carcinogens in cigarette smoke can cause cancer.
- Stop smoking if currently smoking or using smokeless tobacco.