OBESITY CAN CAUSE CANCER

3 in 4 People Unaware of Link Between Obesity and Cancer
(Cancer Research UK, 2016)

Preventable Causes of Cancer:
1st = Smoking
2nd = Obesity or Being Overweight
3rd = Alcohol

Definition of Bodyweight:
Normal = BMI > 18
Overweight = BMI > 25
Obese = BMI > 30

Ask your practice nurse to calculate your BMI at your GP

Definition of Bodyweight:
Normal = BMI > 18
Overweight = BMI > 25
Obese = BMI > 30

Practical Tips To Stay Healthy:
✓ 2 ½ - 5 hours of exercise a week
✓ Eat a balanced diet
✓ Avoid very salty, sugary or fatty foods
✓ Keep hydrated with water

HealthyU
A Welfare Organisation at The University of Nottingham specifically designed for providing support for students!

✓ Helpful Website
✓ Free Healthy Recipe Book
✓ Advice on Exercise
✓ Advice on Healthy Eating
✓ Contacts for Sport Societies
✓ Informational Roadshows at Student Accommodation

For more information visit the HealthyU Website:
http://www.nottingham.ac.uk/currentstudents/healthyu

References: