Why are we talking with you about positive health changes?

Quitting **tobacco,** increasing **physical activity,** eating more **vegetables and fruits,** and limiting **alcohol** can greatly reduce your risk for chronic diseases, including cancer, heart disease, dementia, high blood pressure, osteoporosis, obesity, and diabetes.

These positive health changes can also improve your mood, help you sleep, and make you feel better about yourself. It can be difficult to know where to begin. Your healthcare provider can help you achieve your health goals by providing personalized advice and referrals to community supports.

Did you know?
About 4 in every 10 cancers in Alberta are caused by factors that we can change.

Use of the term 'tobacco' in this document does not include the use of traditional tobacco for Indigenous ceremonial and/or spiritual purposes.

Alberta Health Services

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