

# Healthy loud speaker announcements

Use these announcements at your event to help participants reduce their cancer risk.

## Quit smoking

- To protect all participants, this is a smoke-free event and smoking is not permitted.
- Seek support to quit smoking – speak with a doctor or pharmacist or contact Quitline 13 QUIT (13 7848).
- Did you know that smoking is the greatest cause of preventable death in Queensland? If you would like support to quit, contact Quitline, 13 QUIT (13 7848).
- Fightback and quit smoking today! Your health will benefit and so will your pocket. To seek support to quit, call Quitline 13 QUIT (13 7848) or speak to your health professional.



## Take time to be active

- Put your hand up if you walk, run or ride to school or work. An easy way to keep active is to use active transport or get off public transport one stop early and walk the rest of the way. Plus, it is more environmentally friendly.
- Ask the person next to you what they enjoy doing to be active, is it yoga, walking the dog, bootcamp, bike riding or swimming? Get ideas for ways that you can keep active after today. Shake on it and make a commitment to be more active. Think of ways to get your friends and family involved too.



All Queenslanders, all cancers.

## Stay SunSmart every day

- Queensland is the skin cancer capital of the world so remember to be SunSmart today and protect yourself from skin cancer - Slip, Slop, Slap, Seek and Slide.
- Did you know that you can still get burnt in winter or when the day is overcast? Always remember to Slip, Slop, Slap, Seek and Slide when outdoors.
- Remember to apply sunscreen 20 minutes before going outdoors and reapply sunscreen at least every two hours or more frequently when sweating or swimming. Never rely on sunscreen alone, always protect your skin in five ways when outdoors – Slip on protective clothing, Slop on 30+ SPF sunscreen, Slap on a hat, Seek shade when you are not walking round the track and Slide on some sunglasses.
- \*Said every two hours\* Here's your friendly reminder to reapply your sunscreen, and remember, never rely on sunscreen alone – Slip, Slop, Slap, Seek, Slide.
- As little as 10 minutes of sun exposure can cause your skin to burn. Avoid skin cancer, remember to Slip, Slop, Slap, Seek and Slide.

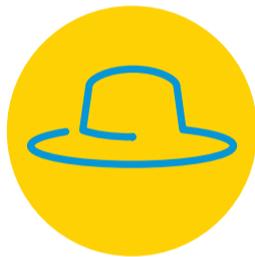
### Slip



### Slop



### Slap



### Seek



### Slide



**Protect yourself in five ways from skin cancer**



## Eat healthily and drink less alcohol

- Evidence suggests that maintaining a healthy weight throughout life is one of the most important ways to protect against many types of cancer. Keep an eye out for the healthy options when you visit any of the food vendors today!
- Healthy foods are fruit, vegetables, whole grains, low fat dairy products and lean proteins. It is important to limit sugary, salty and fatty foods.
- Keep hydrated and drink plenty of water and avoid sugary soft drinks, energy drinks and alcohol.
- Did you know that eating large amounts of processed meats can increase your cancer risk? Get creative and think of healthier alternatives to sausages, ham, bacon and salami.
- Hand up if you have had two serves of fruit and five serves of vegetables today? A diet high in fruits and vegetables can decrease your risk of developing certain cancers.
- What healthy snacks and drinks have you brought along today? Share some ideas with the person next to you!

**All Queenslanders, all cancers.**

- Drinks containing high levels of sugar (e.g. soft drinks, flavoured milks, sports drinks and cordial) increase your risk of being overweight and obese, which then increases your risk of developing certain cancers. Healthier alternatives include water, soda water, unflavoured low fat milk, tea and coffee.
- Alcohol increases your risk of some cancers. Challenge your family, friends or colleagues to an alcohol free week or month and help reduce your cancer risk.

### Understand and check your body

- Help detect cancer early – discuss available cancer screening programs and report changes to your GP.
- In Australia we have three National Cancer Screening programs for bowel, breast and cervical cancer. When was the last time you got checked? Fightback and book yourself an appointment with your GP.
- For cancers that cannot be prevented, early detection is the best way for prompt treatment and improved health outcomes. Chat to a GP about your cancer risk and what you can do to help detect cancer early.
- There are environmental hazards that can cause cancer. Protect yourself and your family against asbestos, UV radiation and diesel fumes. For cancer support and information contact Cancer Council on 13 11 20 Monday to Friday 9am to 5pm.
- Be familiar with the look and feel of your body. Regularly check your skin for changes and report any abnormalities to your GP.

### General

- One in two Queenslanders will be diagnosed with cancer in their lifetime. Cancer Council is here to support all Queenslanders affected by cancer and to help prevent and detect cancer early. For cancer support and information, contact Cancer Council on 13 11 20 Monday to Friday 9am to 5pm.
- At least one third of cancers can be prevented by healthy lifestyle choices. Find out what small changes you can make today to help reduce your risk. Encourage your school, early childhood centre, workplace or sports club to join our free cancer prevention program QUEST – [cancerqld.org.au/cancer-prevention/programs-resources/quest](http://cancerqld.org.au/cancer-prevention/programs-resources/quest)



**All Queenslanders, all cancers.**

