

Face Your Life 2011
Week #8: February 28 – March 6, 2011
Cancer Prevention

Name: _____
Team #: _____ Team Name: _____

This week we are going to learn about **Cancer Prevention**. This is an important topic.
We've all been affected in one way or another by this disease...

This disease is not getting any easier to fight.

On our website, you can download a 20 page information sheet on cancer. All of this information was downloaded from the www.cancer.org. I know 20 pages! That's a lot of reading.

Don't feel like you have to read EVERYTHING.

Skim through it...Maybe there is something that will jump out at you. On the back take the Cancer Prevention Quiz. Earn 1,000 points just for answering all the questions.

You don't have to get them right...Just guess. We will post the answers next week...

Maybe you will learn something.

Here is your challenge...

_____ **500 Points.** Share your "cancer" knowledge...not just your knowledge of the disease. Share your tips on how you helped others deal with cancer (both physically and emotionally). Or share your personal experience...what helped you through your journey. This might seem a little bit on the gloomy side, However, keep in mind, our goal is to help others. Anything you share with the group would be helpful.

_____ **3,000 Points.** Let's lighten it up...As a team, compose at least a 3 sentence "rap song" about your Face Your Life Experience/ Sport Complex experience. The performance must involve some hip-hop moves (bust a move with your rap) and must be witnessed by a front desk staff member (preferably Erika).

TRIPLE Workout Points this Week.

Get back into the game! You only have 2-more weeks to go!
So let's do it! Make this week count!

15 minutes = 75 points/ Limit 2-hours a day = 600 points

Please list your activity followed by the amount of time for each activity:

Monday, February 28: _____	total _____
Tuesday, March 1: _____	total _____
Wednesday, March 2: _____	total _____
Thursday, March 3: _____	total _____
Friday, March 4: _____	total _____
Saturday, March 5: _____	total _____
Sunday, March 6: _____	total _____

Reminder: A maximum of 4 hours of home workouts can be accounted for.

Total Workout Points: _____ (should not exceed 4,200)

Cancer Prevention:

True or False.

_____ Aspartame is a sugar substitute that will increase my chances of getting cancer.

_____ Alcohol is a known cause of cancers of the: mouth, pharynx, larynx, esophagus, liver and breast.

_____ Drinking excess coffee may increase my risk of cancer.

_____ Physical activity, weight control, and diet might delay or prevent the development of cancer in people with an increased genetic risk for cancer.

_____ Intake of olive oil is linked with a reduced risk of heart disease, but is most likely neutral with respect to cancer risk.

_____ You should limit the amount of processed lunch meat you consume, because some studies have linked eating large amounts of processed meat to increased risk of colorectal and stomach cancers.

_____ If possible, I should eat organic, this will reduce my risk of cancer.

_____ People who engage in moderate to vigorous levels of physical activity are at a lower risk of developing colon and breast cancer than those who do not.

_____ Drinking tea, especially green tea will decrease my risk of cancer.

Circle all that apply:

Being overweight or obese is linked with an increased risk of cancers of the

- a. breast (among women after menopause)
- b. colon
- c. endometrium
- d. esophagus
- e. kidney

Will incorporating the following help you decrease your risk for cancer? Please write Y for Yes and N for No if you think making these changes will decrease your risk of cancer.

_____ Eat a healthy diet, with an emphasis on plant sources.

_____ Eat smaller portions of high-calorie foods.

_____ Choose 100% juice if you drink vegetable or fruit juices.

_____ Limit intake of processed meats and red meats.

_____ Choose fish, poultry, or beans instead of beef, pork, and lamb.

_____ Limit intake of refined carbohydrates (starches), such as pastries, sweetened cereals, and other high-sugar foods.

_____ Eat 5 or more servings of vegetables and fruits each day.

_____ Increased amounts of stress could lead to increase risk of cancer.

_____ **1,000** points for answering all the questions.