

Mission In Motion

Health & Wellness Weekly Bulletin

April 2012—Cancer Prevention



April 2, 2012—Week 1

An apple a day may help keep disease at bay



One medium-sized apple offers about four grams of dietary fiber and just 80 calories—that's a lot of fiber in a fruit with very few calories. The fiber in apples can help lower blood cholesterol levels and improve your digestion. Plus, their peels are loaded with antioxidants that may reduce the growth and spread of cancer cells and build a healthy heart. And if you're looking for one more health benefit, nutrients in apple juice help keep your gums healthy.

Source: American Dietetic Association



Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630

take-home message

QUIT TOBACCO

KNOW YOUR FAMILY HISTORY

TALK TO YOUR DOCTOR

SMOKING
INHERITED GENES
POOR DIET
ENVIRONMENTAL FACTORS
INFLAMMATION
UNHEALTHY LIFESTYLE
WEIGHT GAIN

EXERCISE

GET APPROPRIATE CANCER SCREENING

EAT RIGHT

MAINTAIN A HEALTHY WEIGHT