

TAKE 3 steps 4 health

Annie Appleseed Project,
A nonprofit, provides cutting-edge information, education and advocacy about: Evidence-Based Natural and Innovative Cancer Strategies, Lifestyle Issues, Integrative & Alternative Cancer Therapies. Reduce Risk of occurrence and recurrence, including risk of treatment toxicity.



Eat **1** more fruit and **1** more vegetable every day



Take a **walk** around (the room, facility or neighborhood)



Take **7 deep breaths** before bedtime or treatment

PREHABILITATION; during treatment: reduce toxicities; and survivorship