8 Ways to Reduce your Risk for Cancer

Ocho na manera para un ribaha i chansa-mu put atrebi nu i kanset

1 Maintain healthy weight
   Sustieni i libran brinabu-mu

2 Get at Least 30 minutes of physical activity each day
   Na’ kalamten tataotao-mu maskeseha trenta minutos gi ha’ani

3 Don’t smoke
   Munga chumpa

4 Eat a healthy diet
   Chocho maolek na ne’ngkanno’

5 Limit alcohol consumption
   Midi i ginemen-mu aguayente

6 Protect yourself from the sun
   Protehi hao gi somnak

7 Protect yourself and your partner from sexually transmitted diseases
   Protehi hao yan i gachong-mu nu i chetnot umadalle

8 Routine screening for early detection
   Otdinariu na inatan para u ma sodda’ taftaf

For more information:
http://wincart.fullerton.edu/
facebook.com/WINCARTNetwork
8 Ways to Reduce your Risk for Cancer

Nā ala ʻewalu no ke kūpale i ka maʻi ʻaʻai

1 Maintain healthy weight
E mālama i ka nui kino kūpono

2 Get at Least 30 minutes of physical activity each day
E hoʻoikaika kino no 30 minuke i kēlā me kēia lā

3 Donʻt smoke
Mai puhi paka

4 Eat a healthy diet
E ʻai i ka meaʻai hāʻehuola

5 Limit alcohol consumption
E kaupalena i ka nui inu lama

6 Protect yourself from the sun
E pale i kou kino i ka lā

7 Protect yourself and your partner from sexually transmitted diseases
E ai palekana

8 Routine screening for early detection
E hana mau i nā hōʻike hōʻoia no ka ʻike koke ʻia
8 Ways to Reduce your Risk for Cancer

1. Maintain healthy weight
   Tauhi ma’u ho mamafa ‘oku ke mo’ui lelei ai

2. Get at Least 30 minutes of physical activity each day
   Fakamahisino faka’aho ma’u pe he miniti e 30 pe lahi ange

3. Don’t smoke
   Tuku e ifi tapaka

4. Eat a healthy diet
   Ma’u e me’akai fakatupu mo’ui lelei

5. Limit alcohol consumption
   Fakasi’isi’i ho’o ma’u kava malohi

6. Protect yourself from the sun
   Malu’i ho sino mei he la’aa

7. Protect yourself and your partner from sexually transmitted diseases
   Malu’i koe mo e hoa mei he ngaahi mahaki ‘o e fe’auaki

8. Routine screening for early detection
   Sivi ma’u pe ke ke ‘ilo pe ‘oku ke ma’u ha mahaki
8 Ways to Reduce your Risk for Cancer

1 Maintain healthy weight
Fa’atumau pauna tatau mo le soifua maloloina

2 Get at Least 30 minutes of physical activity each day
Faia fa’amalositino pe a male 30 minute ile aso

3 Don’t smoke
Aua le ula’ula tapa’a

4 Eat a healthy diet
Ai mea’ai tatau mo le soifua maloloina

5 Limit alcohol consumption
Fa’a’iti’itia le inu ‘ava

6 Protect yourself from the sun
Puipui oe mai le la

7 Protect yourself and your partner from sexually transmitted diseases
Puipui oe ma lau pa’aga mai fa’ama’i pipisi mai feusua’iga i

8 Routine screening for early detection
Su’ega puipua
8 Ways to Reduce your Risk for Cancer

1. Maintain healthy weight
   Kōmōn bwe en jab lap am kilep ak en emōn joñan eddoim

2. Get at Least 30 minutes of physical activity each day
   Kōmōn bwe en 30 minutes in am exercise aolep ran

3. Don’t smoke
   Jab kōbatat

4. Eat a healthy diet
   Möñā ekkan ko remōn ŋōn ejmour

5. Limit alcohol consumption
   Kadik lok am drak dren in kadōk

6. Protect yourself from the sun
   En jab to am bed iūmin dret

7. Protect yourself and your partner from sexually transmitted diseases
   Kejbarok ak bōbrae iuk im eo móttam jen nañinmij in likāo ak jiroñ ko

8. Routine screening for early detection
   Kakōlkōl ilo ien eo emōkaj im ekkar ŋōn am bōbrae iuk jen nañinmij in cancer