

DP18NJ-CAN: Removeable Calendar Mouse Pad

DPC18NJ-CAN

AD COPY AREA

CANCER PREVENTATIVE INFORMATION

Eat Healthy Food

- At least 2-1/2 cups of vegetables and fruits each day
- Eliminate fried foods
- Choose whole grains instead of refined grain products
- Eliminate alcohol intake to no more than 2 drinks per day for men and 1 drink per day for women
- Limit how much processed meat and red meat you eat

Be More Active

- At least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week, spread throughout the week

Sleep

- At least 7-1/2 - 8 hours each night. This is the time your body heals itself

Weight Control

- BMI should be under 25

Sun Safety

- Skin cancer is by far the most common type of cancer in the United States

Tobacco, Including Smokeless Tobacco

- Quitting tobacco is not easy, but can be done. Check out the American Cancer Society website for tips

Annual Physicals and Screenings

- The World Cancer Research Fund International estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition

See the American Cancer Society (www.cancer.org) for additional information

NOTE JOTTER!

Use with pencil and erase for re-use

DESK PAD MOUSE PAD

Please remove all guideline indicators before submitting artwork

= Final Cut Size: 8" x 6"

= Ad Copy Area: 7.75" x 6.694"
Art must be within clearances - 0.125" on all sides.

= Art Bleed Area: 8.25" x 6.25"
When appropriate, artwork should include - 0.125" bleed on all sides.