


PUSH FOR

PREVENTION

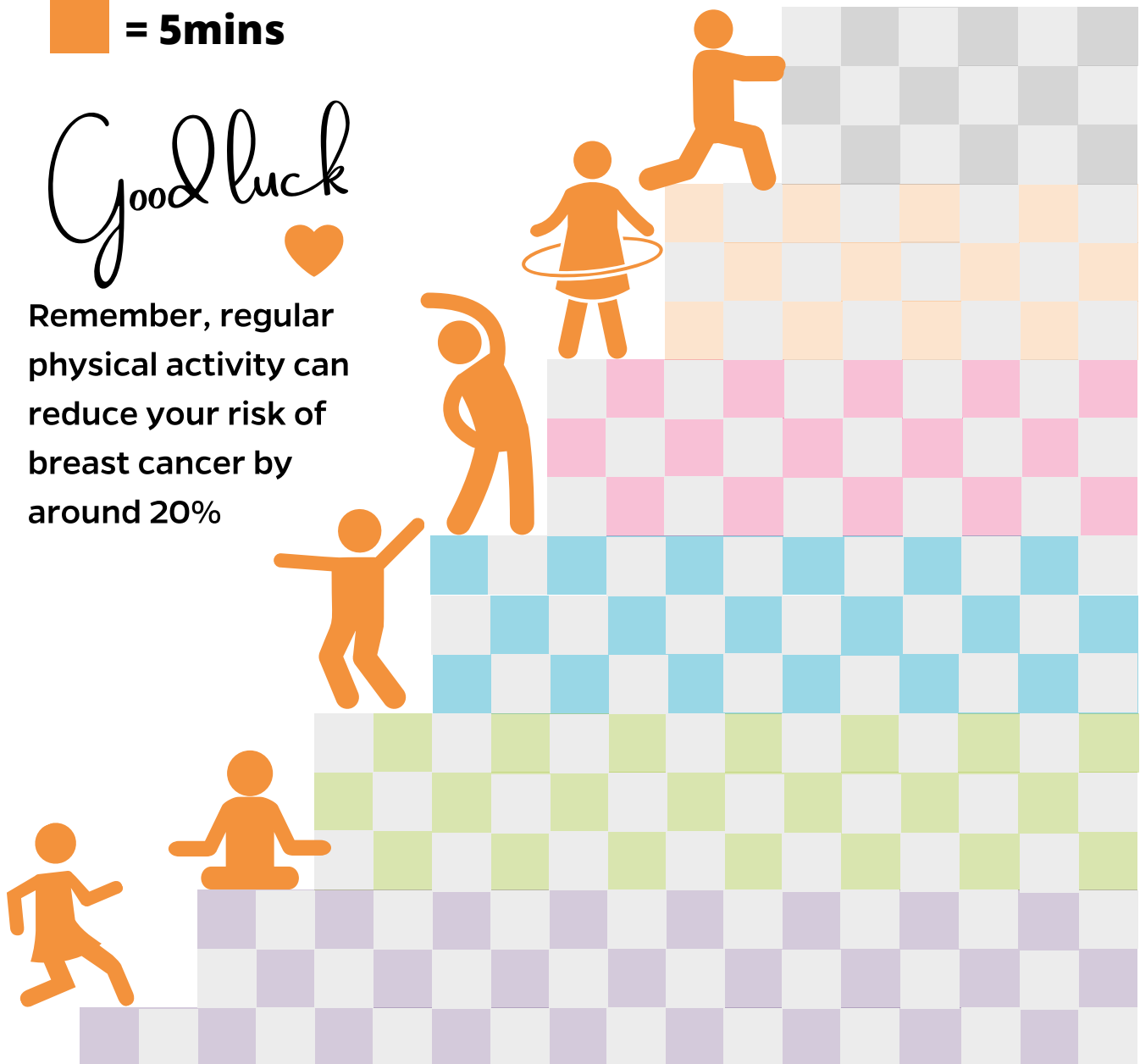
Your target: 1000 mins

Shade in the squares after you exercise

 = 5mins

Good luck 

Remember, regular physical activity can reduce your risk of breast cancer by around 20%



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Cancer** UK