



*One **Body.**
One **Soul.***
MAKE IT COUNT.

*Keeping your
body in shape is a
spiritual discipline.
Remember your
body is a gift.*

UK HealthCare
MARKEY CANCER CENTER

An NCI-Designated Cancer Center



Body.

- Stay up-to-date on check-ups and screenings.
- Get moving! Limit behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Choose wisely when selecting meals and drinks. Avoid those "empty calories."
- Rest. Remember that most young people and adults require at least 8 hours of sleep a night.

Soul.

- Take time for YOU. Unwind.
- Relax. There's something to be said for "quiet time."
- Reflect.
- Be a positive influence.



Make It Count.

- Habits of any kind are difficult to stop.
- Some habits can impact your life and health forever. Don't start drinking, smoking, vaping, or using smokeless tobacco.
- You have ONE body. Treat it well!

SMILE! It's contagious.

For more information, please contact Melissa Hounshell, Community Outreach Director, 859-323-2034, Melissa.Hounshell@uky.edu or visit ukhealthcare.uky.edu/markey/cancer-screening.