The Anticancer Lifestyle Program is an online lifestyle transformation course that will help you reduce your risk of cancer and other chronic illnesses.

This course is a sound prevention program for those seeking to minimize their odds of getting cancer or a recurrence of cancer, and those who would like to optimize their health in general.

Our experts teach evidence-based ways to reduce inflammation and improve your body’s natural defenses against disease.

You will learn valuable information through engaging expert videos, graphics, animation, activities, and more.

The course is divided into five modules, each of which you can take at your own pace.

- **Change**: We introduce you to the course, and our psychologist discusses barriers to change and how to overcome them.
- **Mindset**: Our certified mindfulness instructor teaches you how to develop a mindset that supports healthy choices and change.
- **Diet**: Our registered dietician gives you simple food rules and explains why and how to make healthier food choices.
- **Fitness**: Our fitness specialist explains why movement is so important, and gives you simple ways to work activity into your life.
- **Environment**: Our environment expert provides the information you need to make wise purchasing decisions that will reduce your daily exposure to toxins and create a healthier home and body.

Each module has its own Toolkit of resources to further help you create your own Anticancer lifestyle.

Anticancer LIFESTYLE PROGRAM®

READY TO GET STARTED?

Visit us at anticancerlifestyle.org