

# Poor Lifestyle Habits Leading to Cancer



**Smoking, chewing tobacco  
and alcohol consumption**



**Unhealthy diet**



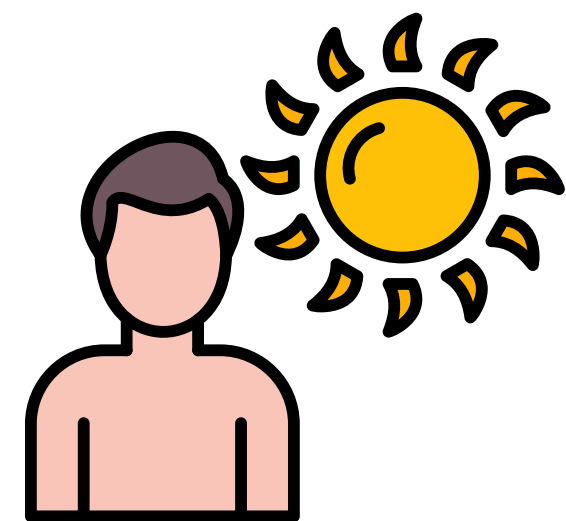
**Lack of physical activity**



**Obesity**



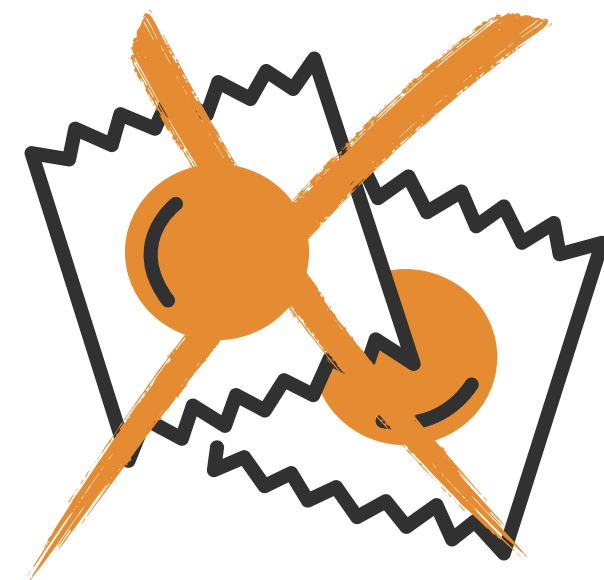
**Chronic stress  
and poor sleep**



**Excessive sun  
exposure and tanning**



**Exposure to  
environmental pollutants**



**Unsafe sexual practices**