

# Poor lifestyle habits leading to Cancer



**Smoking, chewing tobacco and alcohol consumption**



**Unhealthy diet**



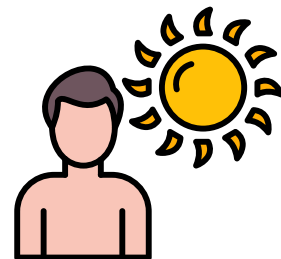
**Lack of physical activity**



**Obesity**



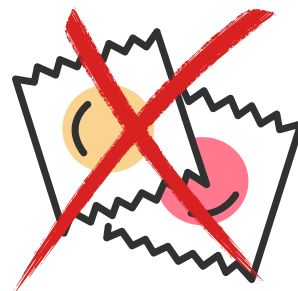
**Chronic stress and poor sleep**



**Excessive sun exposure and tanning**



**Exposure to environmental pollutants**



**Unsafe sexual practices**