



## STAYING HEALTHY

Practicing healthy behaviors can help you live a longer and healthier life. Many diseases and health problems are due, in part, to lifestyle factors that can be changed.

### EAT A HEALTHY DIET

Eat a variety of foods, including fruit, vegetables, animal or vegetable protein (such as meat, fish, chicken, eggs, beans, lentils, tofu, or tempeh), and grains (such as whole wheat or brown rice). Limit the amount of saturated fat you eat. Avoid fats that say "hydrogenated."

### EAT AT REGULAR TIMES

Regular meals will keep the body working at its most efficient level. Don't skip breakfast. Failing to eat because "you don't have time" or to reduce calories leads to poor health. If you get hungry between meals, don't resort to fatty, salty, or refined-sugar snacks. Instead, eat fruit, raw vegetables, or whole grain snacks.

### CONTROL YOUR WEIGHT

Even small amounts of excess weight can lead to health problems. Obesity is a major factor in many diseases. If you need to reduce, do so. If your weight is ideal, work to keep it that way. Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes.

### BE PHYSICALLY ACTIVE

Exercise that you enjoy is most likely to be successful and continued. Walk, dance, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20 to 30 minutes most days of the week.

### DRINK ALCOHOL MODERATELY OR NOT AT ALL

Alcohol abuse can cause serious diseases, and affect every aspect of your daily life. If you drink, have no more than two drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5-ounces of 80-proof distilled spirits.

### DON'T SMOKE

Smoking damages the human body and shortens life. It is a risk factor for many heart and lung disorders. It can cause damage to unborn children of pregnant women who smoke. If you do smoke, find a way to quit that works for you. Avoid secondhand smoke.

### DON'T ABUSE DRUGS

Avoid illicit drugs completely if you want to stay mentally and physically healthy. If you have a problem with drug abuse, seek medical help.

### STAY SOCIALLY INVOLVED

Talk to and visit with friends and family often. Take the initiative. Don't wait for them to call. Stay active through work, recreation, church, volunteer, and community activities.

### MEDICAL HELP

Get regular medical and dental checkups. See a health care provider when you suspect a problem, either physical or emotional. Wear a medical identification bracelet or neck tag if you have any chronic disorder, have known allergies to drugs, or if you take drugs that emergency personnel would need to know about.

### GET ENOUGH SLEEP

Get the right amount of sleep (average 8 hours for men, 7 for women) each night. Use the bedroom for sleep and intimacy only. Avoid taking business or private worries to bed with you. Avoid getting caught up in suspenseful reading or television while relaxing in bed. If you occasionally toss and turn and can't get to sleep, go to another room and do something productive.

### SAFETY

Use seat belts when you drive or ride in any vehicle. Practice good safety measures at home to prevent fires and to avoid accidents such as falls. Avoid overexposure to sun and cold.

### PRACTICE SAFE SEX

Safe sex practices are those that lower the risk of catching or giving a sexually transmitted disease (STD), or becoming pregnant. Abstinence is the only sure preventive method. If you are sexually active, use condoms to protect against STDs. Limit number of sex partners. Avoid sex with a partner who has sores, abuses IV (intravenous) drugs, or has had many sexual partners.

### PREVENT INFECTIONS

- Many germs are spread by way of hand contact. Hand washing is the first line of defense against the spread of infectious diseases for adults as well as children. When you are unable to wash your hands, use alcohol-based hand rub products (wipes, lotion, or gel).
- Be sure to cover your mouth and nose when coughing or sneezing to prevent spreading infectious droplets in the air. Cough into a tissue, if available, and then throw it away.



## NOTIFY OUR OFFICE IF

You have any questions about lifestyle changes you can make to help you live longer and healthier.

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Special notes:

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More notes on the back of this page