

# Top 10 Health Tips

## GREAT WAYS TO GET AND STAY HEALTHY

### EAT FOR THE HEALTH OF IT!

Eat plenty of fruits, vegetables and whole grains to reduce your risk of cancer and other chronic diseases.



### Get and keep a healthy weight.

Choose your foods wisely, watch portion sizes and be active! You will lower your risk for heart disease, diabetes and high blood pressure.



### Move your body.

Try for 30 to 60 minutes of moderate physical activity on most days. Being active boosts your mood and your fitness!

### Keep stress in check.

Too much stress can hurt your health. Regular exercise, talking things over with friends or family, and setting limits can help.



### KEEP SAFETY IN MIND.

Take the time to learn ways to stay safe at work, home or play. For example, use seat belts, and protect your skin from the sun.



### Get plenty of sleep.

A good night's sleep can help your mood and your health.

### Get routine exams, screenings and vaccinations.

Talk to your doctor or visit a clinic to find out what you need. When health problems are caught early, they are often easier to treat and cure.

### Stay tobacco free.

Tobacco has been linked to serious health problems such as lung and heart disease, cancer and stroke.



### LIMIT ALCOHOL.

This means no more than one drink per day for women, two drinks per day for men. Heavy drinking raises the risk of liver disease, certain cancers and other health problems.

### WASH YOUR HANDS.

Scrub with warm soapy water for at least 20 seconds. Always wash after you sneeze, cough or blow your nose; before you eat or fix food; and after you use the bathroom or change a diaper.



## HEALTHY CHOICES MEAN A HEALTHIER YOU!