

HOW CAN I HAVE A HEALTHIER LIFESTYLE?

Healthy activities and choices can positively improve well-being and prevent a variety of diseases.



EAT WISELY:

- Eat a well-balanced, low fat diet
- Eat more fresh fruits, vegetables, and whole grains

BE PHYSICALLY ACTIVE:

- Healthy activity can be dancing, yoga, or sports
- Take a walk, hike or go running
- Garden or do yard work

STOP USING TOBACCO

- Set realistic goals for quitting tobacco use
- Using resources such as QUITLINENC to help Quit tobacco use

MANAGE STRESS

- Stay connected with your family and friends
- Meditation and deep breathing exercises
- Talking to a health care provider

SLEEP WELL

- Keep a regular sleep schedule every night
- Avoid alcohol, caffeine, and screen time before bed

REGULAR CHECK-UPS

Annual check-ups with your primary care physician can help find health conditions or diseases earlier.

DRINK ALCOHOL IN MODERATION

- Never drink alcohol before or when driving
- Never get into a car with someone who has been drinking alcohol
- Do not drink alcohol when pregnant

SOURCES:

CENTERS FOR DISEASE CONTROL AND PREVENTION. (2022, MARCH 3). PROMOTING HEALTH FOR ADULTS. RETRIEVED MARCH 17, 2022, FROM QR

HOOKE, S., PUNJABI, A., JUSTESEN, K., BOYLE, L., & SHERMAN, M. D. (2018, APRIL 1). ENCOURAGING HEALTH BEHAVIOR CHANGE: EIGHT EVIDENCE-BASED STRATEGIES. FAMILY PRACTICE MANAGEMENT. RETRIEVED MARCH 17, 2022, FROM QR

