Health & Wellness Information Center

TAKE CHARGE OF YOUR HEALTH

EVERYDAY STEPS TO TAKE

Stay away from tobacco
Cigarette smoking is the #1 cause of preventable disease and death. Don't smoke, and stay away from other people's smoke.

Eat more fruits and vegetables
They contain dozens of nutrients that boost your health. Eat at least five a day.

Walk more
Walking burns calories, strengthens your heart, helps keep blood sugar in control, and improves mood.

Get plenty of ZZZs
Adequate sleep can lower risk of diabetes, heart disease, obesity, and infections. Set a goal of 7-8 hours a night.

Take your meds
Be sure to follow your healthcare provider's advice about when and how frequently to take prescribed drugs.

Aim for a healthy weight
Losing excess weight—even a small amount—can make a difference in your health.

Know your numbers
Understanding your blood pressure, cholesterol, and blood sugar numbers helps you take better care of your health.

Shield your skin from the sun
To lower skin cancer risk, stay in the shade, wear a hat, avoid indoor tanning, and slather on sunscreen.

The choices you make every day can help you live a longer, healthier, happier life.

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