

## Tips for a Healthy Life for Men and Women



### **Eat Healthy**

What you eat and drink and what you don't eat and drink can make a big difference to your health. Eating five or more servings of fruits and vegetables a day, less animal fat, and watching how much you eat can help improve your health. Healthy eating may reduce the risk of cancer and other chronic diseases. A chronic disease is one that lasts a long time and so affects your health for a long time.

### **Maintain a Healthy Weight**

Obesity (weighing too much) is at an all time high in the United States, and may be getting worse. Those who are overweight or obese have increased risks for diseases such as diabetes, high blood pressure, heart disease, and stroke. Eat healthy foods and get regular exercise. See your health care provider about any health problems to make sure you are staying healthy.

### **Get Moving**

More than 50 percent of American men and women do not get enough exercise to provide health benefits. For adults, thirty minutes of physical activity on most, preferably all days of the week, is best. It doesn't take a lot of time or money. But it does take commitment. Start slowly, work up to a good exercise level but don't overdo it. You can develop one set of exercises, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

### **Be Smoke-Free**

Health problems caused by smoking include cancer and lung diseases. Smoking greatly increases the risk of dying from heart disease in middle-aged people. Second-hand smoke - smoke that you inhale when others smoke - also affects health. Second-hand smoke is very dangerous for children. If you must smoke, don't smoke anywhere near children. If you smoke, quit today! Telephone helplines, counseling, medications, and other ways are available to help you quit.

### **Get Important Medical Exams and Tests**

There are some medical tests that check for illnesses you might not have noticed. These medical tests are called screening tests. Some screening tests are good to have at least once a year. Other screening tests should be done more or less often. The screening tests you should have are based on your age, health history, lifestyle, and other things. You and your health care provider can talk about how often you need to be examined and have screening tests. Screening tests will help check for high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, cervix, breast and colon. When problems are found early, your chances for treatment and cure are better. Exams and screening tests can help save lives. Yearly check-ups are the best way to make sure you get the screening tests you need.



### **Get Appropriate Immunizations (Shots)**

They're not just for kids. Adults need them too. Some immunizations are for everyone. Others are suggested if you work in certain jobs, have

certain lifestyles, travel to certain places, or have certain health problems. Adults need a tetanus-diphtheria booster every 10 years. People 50 or older and others at risk should get a flu shot. Ask your doctor if you need other shots. Protect yourself from illness and disease by keeping up with your immunizations.



incidents, machine-related injuries, murders, and falls? Take steps to protect yourself and others wherever you are.

### **Be Good to Yourself**

Just because you don't have a disease doesn't mean you are healthy. Good health depends on how you live your life. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health. Make healthy living and yearly visits to your doctor a part of your life.

### **Handle Stress**

Perhaps now more than ever before, job stress poses a threat to the health of workers. Balancing duties to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by taking part in activities that help you lower your stress at work and at home.

### **Know Yourself and Your Risks**

Your parents and ancestors help shape who you are. Your work place and home as well as your everyday habits also help to define your health and your risks. You may be at an increased risk for some diseases or health problems because of what you do, where you work, and how you play. Being healthy means knowing yourself, and knowing what's best for you... because you are one of a kind.

### **Be Safe - Protect Yourself**

What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, using bug spray, or having smoke detectors? It's all of these and more. It's everything from washing your hands to how you choose the people you spend time with. Did you know that people at work die most frequently from motor vehicle

Text adapted from material by the Centers for Disease Control and Prevention (CDC) Distribution made possible by funding from the Bush Foundation of St. Paul, Minnesota. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs License <http://creativecommons.org/licenses/by-nc-nd/2.5/>

**A Healthy Roads Media project**  
[www.healthyroadsmedia.org](http://www.healthyroadsmedia.org)

Reviewed 5/2006