

# HEALTHY LIVING FOR HEALTHY AGING

## 8 Healthy Ways to Improve Your Health

- 1 **Stop Smoking:** Smoking is the most preventable cause of death in the United States. Smoking increases the chances for developing lung cancer and other type of cancer and a third of all cancer deaths are related to smoking. Quitting is the best thing you can do for your health and anyone that lives with you. If you need help quitting please ask your provider to refer you to our Tobacco Cessation Vital Investment Program to work with one of our onsite Tobacco Treatment Specialists.
- 2 **Eat a Healthy Diet:** *Unless you have a specific diet prescription from your provider, it is recommended to follow the Dietary Guidelines for Americans* – MyPlate Method. Make half of your plate fruits and vegetables, make half your grains whole grains, move to low-fat or fat-free milk or yogurt and vary your protein sources. Limit or avoid sodium, saturated fat and added sugar.
- 3 **Maintain a Healthy Weight:** Extra weight increases the risk of type 2 diabetes, hypertension, heart disease and stroke, some types of cancer, sleep apnea and osteoarthritis. Even small weight loss matters! 5-15% body weight loss can improve your health.
- 4 **Exercise:** Regular and moderate physical activity helps lose excess weight, can improve blood pressure, prevent, and control diabetes, improve blood cholesterol levels, reduce, and manage stress, reduce cravings to smoke and increase overall health and well-being. It is recommended to participate in 150 minutes a week of moderate-intensity aerobic activity (walking) and strength training two times per week. Please receive medical clearance from your provider before starting an exercise program.
- 5 **Manage Stress:** Over time continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety. Some ways to manage stress include being observant and recognizing your body's response to stress, talking to your healthcare provider or a health professional, regular exercise, incorporate a relaxing activity into your daily or weekly routine and stay connected with people that can provide emotional support and practical help.
- 6 **Limit or Avoid Alcohol:** Over time excessive alcohol consumption can lead to development of chronic diseases and other serious problems. The Dietary Guidelines or Americans defines moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men. In addition, the guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.
- 7 **Get Enough Sleep:** Not getting the proper amount of sleep may cause weight gain, increased inflammation and decreased immune function, poor performance, increase risk of injuries and increased memory loss. It is important for adults to get 7-9 hours of sleep every night.
- 8 **Follow up with your Healthcare Providers Routinely:** Benefits of routine follow-ups with your healthcare providers include reducing your risk of getting sick, detecting potentially life-threatening health conditions, limiting risk of complications by monitoring existing conditions, increasing lifespan, getting updated on new medical information and technologies available.

Sources: Dietary Guidelines for Americans, Center for Disease Control and Prevention, National Institute of Mental Health

My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2020 My Health Onsite | All Rights Reserved.

REV082520