

Tips for a Safe and Healthy Life

Take steps every day to live a safe and healthy life.

Eat healthy.

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.

Be active.

- Be active for at least 2 1/2 hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.
- Physical activity helps to:
 - Maintain weight
 - Reduce high blood pressure
 - Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
 - Reduce arthritis pain and associated disability
 - Reduce risk for osteoporosis and falls
 - Reduce symptoms of depression and anxiety.

Family Health Information

Protect yourself and your family.

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's, or (second hand), smoke.
- Build safe and healthy relationships with family and friends.

- Be ready for emergencies. Gather emergency supplies. Make a plan.

Be informed.

Manage stress.

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age.
- Get help or counseling if needed.

Get check-ups.

- Ask your doctor or nurse how you can lower your risk for health problems.
- Find out what exams, tests, and shots you need and when to get them.
- See your doctor or nurse for regular check-ups and as often as directed.

Get seen if you feel sick, have pain, notice changes, or have problems with medicine.