Healthy Living

A Better Way to

LIVE

Talk with your health care team about your goals.

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Be Involved in Your Health Care

- Take an active role.
- Work with your health care team to improve your health.

Be Tobacco Free

- Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family members.
- Don't use tobacco in any form.

Eat Wisely

- Eat a variety of foods including vegetables, fruits, and whole grains.
- Limit salt, fat, sugar, and alcohol.

Be Physically Active

- Avoid inactivity.
- Aim for at least 2½ hours of moderate-intensity aerobic activity each week.

Strive for a Healthy Weight

- If you need to lose weight, losing even a little will help.
- If you are of normal weight, maintain it.

Limit Alcohol

- If you choose to drink alcohol, drink in moderation (women no more than 1 drink a day; men no more than 2 drinks a day).
- Avoid "binge drinking."

Get Recommended Screening Tests and Immunizations

- Recommendations for preventive services depend on your age, gender, health status, and family history.
- Ask which screening tests and immunizations are recommended for you.

Manage Stress

- Pay attention to stress.
- Learn about ways to help you manage and reduce your stress.

Be Safe

- Find out how to prevent sexually transmitted infections, falls, and motor vehicle crashes.
- Take action to protect yourself and those you love from harm.

www.prevention.va.gov

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