

PERSONAL WELLNESS FACTS

RECOMMENDATIONS FOR IMPROVING HEALTH:

The five health needs or preventive actions are listed below. These are key factors needing attention to prevent serious health problems. Give these items top priority. Other recommendations and guidelines follow throughout these fact sheets.

1. **Cholesterol reduction** – High cholesterol (or low HDL) can damage the arteries that deliver oxygen to your heart and brain. Cholesterol levels can be controlled through improved eating habits and regular exercise. Make changes now can prevent a heart attack or stroke later.
2. **Stress reduction** – It is not possible to avoid all stress, but you can manage stress through increased physical activity, relaxation, planning and organization, problem-solving, and improving relationships with others.
3. **Physical activity** - Every “body” needs regular physical activity such as walking, cycling, swimming, aerobics, or active sports. Regular exercise helps control excess weight, high blood pressure, high cholesterol, and high blood sugar levels. It will also reduce stress and help you relax.
4. **Cancer prevention** – Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancer. Have regular medical checkups and avoid smoking and other cancer-causing behaviors.
5. **Good nutrition** – Good eating habits are basic to your health and can help prevent heart disease, high blood pressure, certain cancers, diabetes, and obesity. Eating healthy fats, along with an increase in fruits, vegetables, and whole grains, is best.

RECOMMENDATIONS FOR IMPROVING FITNESS:

The marked items below indicate where changes can be made to improve your health. For additional information, refer to the educational material and discuss these items with a fitness trainer, health professional, or your doctor.

- **Abdominal strength/endurance** is important for maintaining good posture and protecting the back from strain or injury. Include abdominal strengthening exercises in your fitness program.
- **Upper body strength/endurance** exercises are needed to maintain muscle mass, bone mineral content, and strong ligaments and tendons. Without regular exercise they tend to atrophy (weaken). Do more strengthening exercises.
- **Flexibility** is important in maintaining full range of motion in joints for preventing pulled muscles and injuries. Maintain your good flexibility with regular stretching exercises.
- **Aerobic capacity** is a measure of cardiovascular fitness. Maintaining a healthy heart and lungs decreases risk of heart disease and increases longevity. Improve your aerobic capacity for better health.
- **Healthy weight** decreases the risk for high blood pressure, heart disease, stroke, diabetes, obesity, and cancer. To avoid being overweight, get regular physical activity (30+ minutes per day) and choose low-fat foods.

Caution – If you have any health problem, talk to your doctor **before** increasing your physical activity.

FITNESS

Exercise Guidelines

Muscle Strength and Endurance:

Muscular strength and endurance are improved by using the overload principle (exercising at a higher level than your muscles are used to). Any overload will result in improvement, but higher intensity effort will provide greater improvement. Start at a level that is easy for you to complete and progress gradually. General weight-training principles are summarized below:

Activities: Dynamic weight resistance Training and calisthenics. Choose 8 to 10 exercises that train the major muscle groups.

Intensity: Moderate to high resistance. Allow 8 to 12 repetitions of each activity. Start with one set of each exercise. For Further improvement, increase gradually To two to three sets of each exercise.

Frequency: At least two days per week.

Safety: Progress gradually as the exercise becomes easier.

Warm-up with easy lifts before making hard lifts.

Avoid excessive straining. Don't hold your breath. Breathe out with exertion.

Get instructions on technique from a fitness trainer if possible.

Work out with a partner.

Flexibility:

Muscles and joints become stiff and lose their range of motion with inactivity and aging. You can maintain good joint mobility and improve flexibility with regular stretching exercises. Choose stretching exercises for the major areas of the body: lower back, hip region, the neck and shoulders, calves and backs of thighs. See the guidelines below:

Warm-up: Do stretching after the muscles are warmed up.

Technique: Do a static stretch; slowly Stretch a muscle to the point of mild discomfort then hold the stretch for 10 to 30 seconds.

Repetitions: Three to five for each stretch.

Frequency: At least 3 days per week.

Safety: Don't over-stretch to the point of pain. Avoid bouncing movements. Avoid stretches that may worsen existing joint problems.

Body Composition:

Body mass index (BMI) is a number relating your weight to your height. Research shows that people with a BMI of 19 to 24 live the longest. A high BMI is linked to heart disease and other chronic diseases. An elevated BMI may not be a risk if it is due to a large muscle mass, as in weight lifters.

Body mass index:

Your recommended weight: Normal body mass index is 20-25.

Waist girth: It is also important to know how Fat is stored. Abdominal fat is a higher risk to health than fat deposited on the hips. The waist girth is a measure of abdominal fat storage. Waist girth of 40" or less is recommended for men. Learn your waist girth.

Aerobic or Cardiovascular Fitness:

Aerobic exercises strengthen your heart and improve circulation. Examples of aerobic exercises are fitness walking, aerobic dance, bicycling, swimming, and active sports. Aerobic exercises challenge the heart and arteries to deliver oxygen to the muscles, causing an increased heart rate and heavier breathing.

Activities: Any exercises that increases heart rate and breathing, for example, for example, fitness walking, jogging, bicycling, swimming, or active sports.

Intensity: Begin at an easy to moderate level. Don't go so hard you can't talk easily to another person while exercising. Check your heart rate and stay within your target heart rate range.

Target heart rate (beats/min)
Recommended 88-105

See your health service provider for details.

Duration: At least 20 to 30 minutes per day. Work up to 30 to 60 minutes per day.

Frequency: At least three days per week. Work toward daily aerobic activity. Alternate easy with more vigorous exercise days.

Progression: When starting an exercise program, keep the intensity moderate. As the exercise becomes easier over time, gradually increase to a more vigorous level for further improvement.

Safety: Get your doctor's clearance before beginning or increasing your exercise program if you have any health problems.

Aerobic Mile Activity List:

An "aerobic mile" is the energy equivalent of jogging for one mile. For example, 15 minutes of vigorous swimming is equal to the calories burned in running one mile. Select an aerobic mile goal from the list on the left, then determine how many minutes are needed of each activity to achieve your weekly aerobic mile goal.

Aerobic Activity	Minutes of continuous activity to = 1 aerobic mile		
	<i>Easy pace</i>	<i>Moderate pace</i>	<i>Vigorous pace</i>
Jogging (12, 10, 8 min/mile)	12	10	8
Bicycling (10, 14, 18 mph)	16	14	11
Swimming	22	18	15
Racquetball	18	15	12
Hiking	24	20	16
Skating	18	15	12
Tennis	18	15	12
Walking (24, 20, 15 min/mile)	40	33	27

Making Fitness a Lifetime Commitment:

Maintaining fitness for a lifetime is the goal. The following suggestions can help you achieve this goal and keep your exercise program fun and interesting.

Realistic goals: Choose goals you know you can accomplish. You can revise them later if you desire.

Charting progress: Write down your aerobic miles daily. Compare your daily progress to your weekly goal.

Social support: It helps to exercise with a spouse or friend. You can support and encourage each other.

Rewards: When you reach specific milestones, reward yourself. Always be working toward a personal goal.

HEART HEALTH

HEART HEALTH FACTORS:

Factors associated with heart disease are listed below.

- **Personal history** of heart or circulatory problem or diabetes.
- **Family history** of early heart disease in a parent, brother, or sister.
- **Gender/age** – Risk increases with age, especially after age 45 for men.
- **Nonsmoker** – Not smoking greatly reduces risk.
- **Elevated blood pressure** – A pressure of 120/80 or higher (either number) is elevated.
- **High LDL** – An LDL of 130+ indicates risk.
- **Low HDL** (“good cholesterol”) – An HDL less than 45 indicates risk.
- **Elevated blood sugar** – Normal fasting glucose level less than 100.
- **Sedentary** – Inactivity is a risk. Be active 30 minutes most days.
- **Weight** – A body mass index (BMI) over 25 is a heart risk.

Cholesterol Level:

Blood Test Risk Status			
Test	Desirable	Borderline	High Risk
Total cholesterol	Less than 200	200-239	240+
LDL cholesterol	Less than 130	130-159	160+
HDL cholesterol	45 or more	Less than 45	Less than 40
Risk ratio	Less than 4.0	4.0-4.9	5.0+
Triglycerides	Less than 150	150-199	200+
Glucose (fasting)	Less than 100	100-125	126+

To lower total and LDL “bad” cholesterol

Eat healthy fats, limit animal or saturated fat.

Avoid high-cholesterol foods such as eggs or meat.

Eat high fiber foods such as oatmeal, brown rice, fruits, vegetables, and legumes (peas, beans, lentils).

Achieve and maintain a healthy weight.

To raise HDL “good” cholesterol

Achieve and maintain a healthy weight.

Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 10 to 15+ aerobic miles per week.

DO NOT SMOKE.

Note: Postmenopausal women usually have higher HDL levels than men.

➤ Triglycerides:

- Triglyceride is a fancy name for fat in your blood. A fasting triglyceride level less than 150 is recommended (less than 100 is ideal).

- **To lower triglyceride levels:**
 - Achieve and maintain a healthy weight.
 - Get regular aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, job) 30 minutes or preferably) daily. ***Be sure to get your doctor's guidance before starting any exercise program if you have any health problems.***
 - Limit your intake of sugar and desserts.
 - Avoid alcohol or limit your alcohol intake.
- **Glucose:**
 - A fasting blood glucose level of 100 or above may indicate a glucose tolerance problem, increasing your risk of diabetes. A fasting glucose level of 126+ indicates high risk. Your glucose level is within recommended levels.
- **To lower glucose levels:**
 - Achieve and maintain a healthy weight.
 - Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, job) 30 minutes or more (preferably) daily. ***Be sure to get your doctor's guidance before starting any exercise program if you have any health problems.***
 - Limit your intake of sugar and desserts.
- **Smoking:**
 - Smoking damages the heart. It decreases HDL levels, increases the likelihood of a blood clot, and damages the artery walls. By not smoking you are practicing preventive medicine. Also try to avoid smoky environments. Secondhand smoke can also increase your risk.
- **How to stop smoking:**
 - Millions of people have stopped smoking, most of them on their own. You can too!
 - For best results, follow a self-help guide to quitting or join a support group.
 - Ask your doctor for help and guidance or contact the local lung or heart association.
- **Blood Pressure:**
 - Keeping blood pressure low helps protect the heart and arteries. A pressure of 115/75 or lower is ideal, less than 120/80 is recommended. Pressures of 120/80 to 139/89 are prehypertension, increasing your risk. 140/90 or above is high and needs medical attention.
- **How to lower your blood pressure:**
 - Achieve/maintain a healthy weight. Even a weight loss of 10 lbs can do wonders.
 - Get regular, moderate, physical activity such as walking.
 - Eat healthy-fat foods, high in fiber, and adequate in calcium and potassium.
 - Avoid or limit alcohol intake. Alcohol can increase blood pressure.
 - Limit your intake of salt and salty foods.
 - Keep stress moderate, get adequate sleep (7-8 hrs daily), and take relaxation breaks

- **Physical Activity:**
 - Physical activity is protective to the heart and circulation. Regular aerobic activity improves the way the body uses fats, raises HDL levels, helps lower blood pressure, helps control/prevent high blood sugar levels, decreases clotting tendency, and helps control/prevent excess weight. Exercise also strengthens the heart so it works more efficiently. Consider regular exercise as good preventive medicine.

- **How to exercise for heart health:**
 - **Frequency:** Set a goal of being physically active on most, preferably all, days of the week.
 - **Intensity:** Do moderate physical activities such as walking.
 - **Time:** Accumulating at least 30 minutes each day. Choose a 30 to 60 minute workout or several 10-minute sessions a day. Choose activities you enjoy.
 - **Examples:** Walk, hike, low impact aerobics, bike, active gardening, active sports.
 - **Note:** Get a doctor's guidance first if health problems exist.

- **Body Weight:**
 - Your body mass index (BMI) is a measure of your weight in relation to your height. Excess body fat increases the risk for high blood pressure, high cholesterol, and diabetes. Maintaining a healthy weight is protective to the heart and arteries.

- **How to lose weight:**
 - Dieting doesn't work. Learn to eat healthy low-fat meals and avoid late snacks.
 - Be active; try to get 30+ minutes of moderate to vigorous physical activity daily.
 - Avoid excessive stress, get adequate rest, and take time for yourself.

NUTRITION

Recommendations for Improving Nutrition

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

- **Food Guide Pyramid score -**
 - Try to meet all the guidelines in the Food Guide Pyramid by reviewing the minimum recommended number of servings for each food group to help ensure nutrition is balanced and adequate.

- **Eat healthy fats -**
 - Maintain a diet low in animal and saturated fats. They increase the risk of obesity, high blood pressure, heart disease, stroke, and diabetes. Use fat-free or low-fat milk and dairy products. If you eat meat, limit the amount and choose lean cuts, skinless chicken, and fish. Also limit high-fat baked goods, fried foods, and butter. Use nuts, salad dressings, tub margarines, and cooking oils in moderation.

- **High-fiber foods -**
 - High-fiber foods are low in fat and help protect against obesity, high blood pressure, heart disease, stroke, and certain cancers. Examples are fruits, vegetables, potatoes, peas and beans, whole-grain breads and cereals. Eat more of these foods.

- **Breakfast -**
 - Eat breakfast daily so your body and mind will perform their best. People who skip breakfast have more accidents, don't learn as well, usually snack on less nourishing food, and don't live as long as those who eat breakfast daily.

- **Fast foods/snacking -**

Most fast foods and snacks are high in fat and calories and low in nutrition. Limit typical snacks such as chips, pastry, and soft drinks. If you snack, choose fresh fruits, vegetables, breads, and other healthy choices.

My Pyramid:

"My Pyramid" is the USDA's new national food guide summarized below. It provides a daily eating plan and helps evaluate your eating habits. See the USDA website at www.mypyramid.gov for more information.

Food Pyramid Groups	Recommended Servings/Day †	Americans Actually Eat	Serving Size Examples
Whole Grains and Breads	4 - 8	5.1	1 slice of bread 1 oz. dry cereal ½ c. ckd rice, pasta
Vegetables	3 - 6+	2.0	1 c. raw vegetables, ½ c. ckd or chopped ¾ c. veg. juice
Fruits	3 - 5	1.0	1 med. fruit, ½ c. ckd or chopped ¾ c. fruit juice

Dairy/Calcium Foods	2 - 3	1.3	1 c. milk or yogurt 1.5 oz. natural cheese 2 oz. process cheese
Meat/Protein Foods/Legumes	2 - 4	2.2	2-3 oz. cooked meat 1 egg, 3 oz. tofu 1 c. ckd beans
Fats and Oils	1 - 4	3,5	1 T. oil, trans-fat free marg, salad dressings
Sweets	1 - 2	3.5	1 cookie, ½ c. sherbet, soft drink, 1 T. jam

† Recommended servings: The lower range is for older adults or sedentary women. The upper range is for teenage boys, active and very active women. Children and other people fall somewhere in the middle of the range.

➤ **Breads and Grains:**

- Grains provide complex carbohydrates, are good sources of fiber, vitamins, minerals, and are low in fat. Grain products should provide the largest share of your food calories.

➤ **Vegetables:**

- Vegetables are mostly fat-free, very low in calories, and protective against heart disease and cancer. Dark, leafy green vegetables are especially nutritious. Eat three to five servings of vegetables daily.

➤ **Fruits:**

- Fruits add flavor and variety to meals, are low in fat and calories, and protect against heart disease and cancer. Eat two to five servings daily, including fruits high in vitamin C (e.g., citrus, melons, berries).

➤ **Dairy:**

- Choose calcium-rich foods like nonfat or low-fat milk, yogurt, or cheeses. If you don't drink milk, choose high calcium veggies, soy products or supplements. Low calcium diets can contribute to weak, brittle bones.

➤ **Protein:**

- Eat two to three servings per day. Choose from low-fat meats (lean cuts, skinless fowl, and fish), legumes (peas, beans garbanzos, lentils, split peas), tofu, and meat alternatives. Vegetable proteins have healthy fats, high fiber, and are cholesterol-free.

➤ **Fat and Sugar:**

- Go easy on foods with added fats and sugar and rich desserts that are high in calories and low in nutrients. Eat sparingly of typical desserts (cookies, cake, pastry, pies, ice cream), especially if you are overweight. You can eat more low-calorie desserts: fruit salad, nonfat frozen yogurt, berries, and melons.

BODY COMPOSITION

Recommendations for Improving Body Composition:

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

➤ **Body mass index (BMI) –**

- BMI is a number relating to your weight and height. It is often used in health studies. Research indicates that people with a BMI of 19 to 24 live the longest.
- A BMI greater than 25, for men, is linked to increased risks for heart disease, diabetes, high blood pressure, stroke, and arthritis. A high BMI, however, may not be a risk if it's due to high muscle mass. This is common in bodybuilders.

➤ **Body Weight –** Use the information below to help evaluate your present weight.

- Recommended weight (based on BMI of 20-25) = 152-189 lbs.
- **Note:** People with thin builds should be near the lower range, large frame/muscular builds near the top of the range, and medium builds near the middle of the range.
- Overweight standard (BMI greater than 25) = weight greater than 189 lbs.

➤ **Waist girth –**

- Waist girth measurement shows how fat is distributed on the body. More fat in the upper body is linked to an increased risk of diabetes and heart disease. A waist girth of 40 in. or less is recommended for men. Learn your waist girth. **(A high risk waist girth takes priority over all body composition scores.)**

Recommendations for Avoiding Substance Use:

The following recommendations are guidelines from leading national health organizations. The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

➤ **Alcohol –**

- Not drinking is the safest choice! Alcohol use is linked to liver disease, certain cancers, accidents, addiction, and social problems. It is also the second primary cause of hospitalization. The USDA dietary guidelines on alcohol state that if you drink, do so in moderation, no more than two drinks per day, with meals, and when consumption does not put you or others at risk. Some people should not drink: women who are pregnant or trying to conceive, people who plan to drive or operate equipment, people taking medication, those who can't keep their drinking moderate, children, and adolescents.

➤ **Smoking:**

- Choosing to be a nonsmoker is a giant step toward better health! It reduces your risk for lung disease, cancer, and heart disease. By not smoking you will also look better, feel better, and live longer. Maintain your resolve to be smoke-free!

➤ **Medications:**

- Medications are sometimes needed, but if misused can cause serious problems. Taking drugs on a regular basis to relax, sleep, or alter your mood can lead to a serious habit or dependency. Continue to avoid street drugs and use all medications as directed by your doctor.

➤ **Caffeine -**

- Caffeine-free drinks are best for your health. Excessive caffeine intake has been associated with sleep disturbances and nervousness. Limit use of caffeinated drinks such as coffee, tea, and colas to less than four per day.

➤ **Drug Interactions -**

- Continue to prevent dangerous drug interactions when getting new medicines by always informing your doctor of all medicines you are taking and avoiding alcohol while taking them.

STRESS/COPING

Recommendations for Coping With Stress

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

- **Perceived coping status -**
 - Take time to work on stress management skills. Feeling excess stress can keep you from living a productive, happy, and healthy life. Balance life's demands with adequate time for rest and recreation.

- **Stress signals -**
 - Stress can gradually build up until it becomes difficult to cope. Be aware of stress signals such as constant worry, low energy, and lack of enjoyment in life. Take action to reduce stress. Get help from an understanding friend or counselor if needed.

- **Stress load -**
 - There are numerous factors in life that cause stress. Attend to stressful situations before they affect your health. Take the time to develop good relationships, solve problems, and get help when needed.

- **Overall happiness/energy level -**
 - When stress becomes excessive, it drains energy levels and erodes happiness. If you are unhappy, blue or feeling low, this can cause both physical and emotional problems. Look for rewarding activities and supportive relationships. If the situation continues, seek counseling help.

- **Coping with life:**
 - Coping with life is easier when you get adequate rest, daily physical activity, and take time to relax (listen to music, walk in the park, talk to a friend, enjoy a hobby).

SAFETY

Recommendations for Improving Safety:

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

- **Seat belts -**
 - Wearing seat belts reduces risk of serious injury and death. In many states it's the law. Continue to always buckle up.

- **Smoke detectors -**
 - Smoke detectors have saved thousands of lives. Be sure to maintain working smoke detectors in all sleeping areas of your home. Check them at least once a month. Most deaths from home fires involve houses without working smoke detectors.

- **Correct lifting -**
 - Always use correct lifting technique to protect your back. When lifting heavy objects, bend and lift with your legs, not your back. Keep your back straight, maintaining the normal curve. Hold the heavy object close to your body. If you need to turn, use your legs. Don't twist your back while lifting.

- **Alcohol and driving -**
 - Drinking and driving kills over 20,000 people a year in North America alone. If you do drink, never drink and drive. It takes the liver about one hour to clear the alcohol from one drink out of the blood. Allow an hour before driving for every drink, or call a cab. Look out for your friends who may drink and encourage them to do the same. You may save the life of a friend.

CANCER RISK

Recommendations for Reducing Cancer Risk:

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

➤ **Hereditary factors and age:**

- Family history of cancer (cannot be controlled)
- Age (cannot be controlled)

➤ **Dietary factors:**

- Foods rich in fiber, such as whole grains, fruits, and vegetables may protect against certain cancers including breast cancer. Include more of these foods in your diet.
- Animal fats appear to increase the risk of certain cancers such as colon and prostate cancer. Limit fatty meats and other saturated fats.
- Fruits and vegetables contain many protective elements called phytonutrients. Eat at least five fruits and vegetables daily.

➤ **Smoking, Tobacco use or Secondhand smoke:**

- Smoking and other uses of tobacco have been shown to cause many forms of cancer.

➤ **Other lifestyle factors:**

- Alcohol is a cancer promoter. If you do drink, limit your intake to no more than two in any one day.
- Regular exercise has been shown to reduce cancer death even with other risks present. Be physically active, thirty plus minutes daily.
- Sun/ultraviolet exposure can lead to skin cancer. Continue to wear protective clothing and sunblock when outside for extended periods of time.
- Body weight outside of the desired range increases your risk of cancer. Choose lifestyle practices that help improve your body composition.

➤ **Screening tests:**

- PSA (prostate-specific antigen) values of 4.0 or less are usually considered normal.

OSTEOPOROSIS

Recommendations for Improving Bone Health:

The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor.

- **Hereditary factors:**
 - There are three hereditary factors that affect risk:
 - A family history of osteoporosis puts you at higher risk.
 - Small-boned people are at higher risk.
 - Men are at lower risk than women. Only one in five occurrences of osteoporosis involves men.
- **Age -**
 - Age is the most important determinant of bone density. The older you are, the higher your risk. Peak bone density is between ages 25 to 35.
- **Smoking -**
 - Smoking can be toxic to bone cells and can reduce absorption of calcium.
- **Inactivity -**
 - Inactivity accelerates bone loss. On the other hand, weight-bearing exercises help maintain strong bones and increase bone density. Examples include aerobics, walking, jogging, dancing, weight training, and active sports.
- **Dietary factors -**
 - Adequate calcium is essential for strong bones; 1,000 mg of calcium per day is recommended. Eat two to three servings of high-calcium foods daily, e.g., low-fat milk, yogurt, cheese, broccoli, greens, and firm tofu. Get adequate sunshine or vitamin D in fortified milk or in a supplement. Keep intake of protein moderate. High intakes cause calcium loss in the urine.
- **Alcohol -**
 - Because alcohol affects bone formation, keep intake within recommended levels.

HEALTH AGE

GOOD HEALTH PRACTICES
Do not smoke
Regular, aerobic exercise, at least 30 minutes, 3+ times/week
Alcohol, none or moderate use
Adequate sleep, 7-8 hours per night, most nights
Recommended desirable weight, based on BMI
Eat a good breakfast every morning, or most mornings
Avoid frequent snacking on typical snacks

Recommendations for Improving Health Age: The marked items below indicate how you can make changes to improve your health. For additional information, discuss these items with a health professional or with your doctor. Your Health Age is calculated only from these seven Good Health Practices.

- **Smoking -**
 - Nonsmokers, on the average, live 10 to 12 years longer than those who continue to smoke. Politely encourage family and friends not to smoke, as well.
- **Activity -**
 - Every body needs regular physical activity: brisk walking, cycling, swimming, aerobics, or active sports. At least 30 minutes of moderate aerobic activity three or more times per week is needed for optimum health.
- **Alcohol -**
 - Drinking can lead to serious health problems: liver disease, cancer, high blood pressure, accidents, and alcohol dependency. If you choose to drink, do so in moderation. Do not drink and drive.
- **Sleep -**
 - Research shows that people who get seven to eight hours of sleep daily have lower death rates than those who sleep less. Adequate rest improves physical and emotional health.
- **Weight -**
 - A healthy weight can help you look and feel your best. Achieve a healthy weight, eat low-fat foods, be physically active, and avoid late night meals.
- **Breakfast -**
 - Research shows that people who eat breakfast daily live longer than those who don't eat breakfast regularly. Healthy breakfast choices include fruit and fruit juices, whole-grain breads and cereals, and low-fat milk.
- **Snacking -**
 - Frequent snacking on "junk" foods (chips, pastry, colas, and other high-fat, high-calorie foods) provides excess fat, calories, salt, and sugar, but little nutrition. If you snack, choose fresh fruits and vegetables.