Six Ways to Improve Your Health
“Health is not simply the absence of sickness.”

~ Hannah Green
Healthy Behaviors

- Don’t smoke
- Eat a healthy diet
- Maintain a healthy weight
- Exercise regularly
- Drink alcohol in moderation
- Get adequate sleep
Which healthy behaviors are most important?

- Don’t smoke
- Exercise regularly
- Moderate alcohol
- Eat a healthy diet
- Sleep
- Maintain a healthy weight
Stop Smoking

• Tobacco is most preventable cause of death in US.
• 1/3 of all cancer deaths related to smoking cigarettes
• Risk factor for lung cancer. Associated with other types of cancer
• Increased risk of heart disease and chronic lung disease
• Quitting the best gift you can give yourself and loved ones
What to do

- Arkansas Tobacco Quit Line: 1-800-QUIT-NOW
Healthy Diet

Balancing Calories

• Enjoy your food, but eat less
• Avoid oversized portions
Healthy Diet

Foods to Increase

• Make half your plate fruits and vegetables
• Make at least half your grains whole grains
• Switch to fat-free or low-fat (1%) milk.
Healthy Diet

Foods to Reduce

• Choose foods with lower sodium
• Drink water instead of sugary drinks
Reach and Maintain a Healthy Weight

• Extra weight increases risk of:
  • Type 2 diabetes
  • Hypertension
  • Heart disease and stroke
  • Some types of cancer
  • Sleep apnea
  • Osteoarthritis
Healthy Weight

• Small weight loss matters a lot
  • 5-15% of body weight can improve health
Where you wear your weight matters
Apples and Pears
Fat on the inside

- Surface (subcutaneous) fat
- Visceral fat
Exercise

- 150 minutes a week of moderate-intensity aerobic activity
- Strength training at least 2x per week
- Balance exercises for senior adults
Don’t drink too much

• Why?
  • Increased risk for certain cancers
    • Liver, esophagus, throat, larynx
  • Cirrhosis
  • Immune system problems
  • Brain damage
• Moderate use isn’t harmful for most adults
  • Up to 2 drinks per day for men
  • One drink per day for women
  • Standard drink: 12-oz beer or wine cooler, 5-oz wine, 1.5-oz of liquor
Sleep

• 7 to 8 hours a night for most adults

• Negative health effects for:
  • Oversleeping
  • Too little sleep
Healthy Behaviors

• Don’t smoke
• Eat a healthy diet
• Maintain a healthy weight
• Exercise regularly
• Drink alcohol in moderation
• Get adequate sleep
Which of the 6 will you make a priority for improving health?