



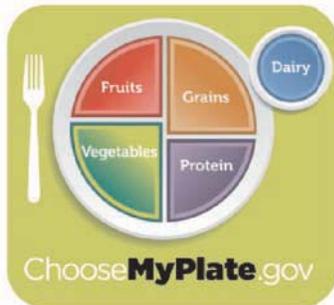
Six Ways to Improve Your Health

Call 1-800-QUIT-NOW



1. Don't smoke

- Smoking is the most preventable cause of death
- One-third of all cancer deaths are related to cigarettes
- Increased risk of heart disease and chronic lung disease



2. Eat a healthy diet

- Make one-half your plate fruits and vegetables
- Make at least one-half your grains whole grains
- Switch to fat-free or low-fat (1 percent) milk



3. Maintain a healthy weight

- A person can see health benefits by losing as little as 5 percent of their current body weight



4. Exercise regularly

- 150 minutes a week of moderate-intensity aerobic activity
- Strength training at least 2x a week
- Balance exercises for senior adults



5. Moderate alcohol consumption

- Too much increases risk for certain cancers and can cause cirrhosis, immune system problems, and brain damage
- Moderation means up to two drinks/day for men and one drink/day for women



6. Get enough sleep

- Seven to eight hours a night for most adults
- Sleeping too little can lead to weight gain and a weakened immune system
- Sleeping too much has been linked to health problems like depression and heart disease

There is strong evidence that practicing a combination of these six healthy behaviors lengthens life. The more healthy behaviors you practice, the better your health. The combined effect of these healthy behaviors is stronger than practicing one or two alone.