



# Tips *for* Healthy Living

## Get Preventive Screenings

Routine exams and screenings can help detect cancer early, which can improve the chances of successful treatment. Talk with your doctor about which screenings you should receive and when.

## Eat Right

Make healthy eating part of your daily routine. Select whole grains, lean meats, fruits, vegetables, and low-fat dairy products for a well-balanced diet.

## Exercise

Get 30 minutes of moderate exercise most days of the week to help reduce stress and keep your body healthy and strong. Check with your doctor before beginning a new exercise program.

## Maintain a Healthy Weight

Being excessively over or under a healthy weight can have severe effects on your health. Talk with your doctor to determine your ideal weight range.

## Manage Stress

In small doses, stress can energize and motivate you, but prolonged or excessive stress can have negative effects on your health. Quick stress relievers include quiet reflection, deep breathing and positive thinking.

## Be Tobacco-Free

Be tobacco-free to improve your health, benefit your family and increase your chances of living longer.

## Vaccinate

Children and adults need regular immunizations to protect themselves and others from illness and disease. Ask your doctor if you and your family are up to date.

## Limit Alcohol

Alcohol in excessive amounts can alter your judgment, lead to dependency or addiction, and increase your risk for other serious health problems.

## Drink Water

Stay hydrated throughout the day to avoid feeling thirsty. Water helps digest food, remove waste and regulate body temperature.

## Sleep Well

Sleep is important for your ability to function, think clearly and remain alert. Getting plenty of sleep each night allows your body the time it needs to repair itself and provide energy for the day ahead.

## Know Your Numbers

Keep your blood pressure and cholesterol levels within the normal range to reduce your risk for heart disease.


## Partner with Your Doctor

Take an active role in discussing symptoms, asking questions, making decisions, and developing a treatment plan with your doctor.



Partner with your doctor to develop the right treatment plan for you.

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