



Simple Ways to Improve Your Health




“Health is not
simply the absence
of sickness”

Hannah Green



Basic Rules for Good Health

- ▶ Don't smoke
 - ▶ Eat a healthy diet
 - ▶ Maintain a healthy weight
 - ▶ Exercise regularly
 - ▶ Cut back on alcohol
 - ▶ Manage stress
 - ▶ Get adequate sleep
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Stop smoking

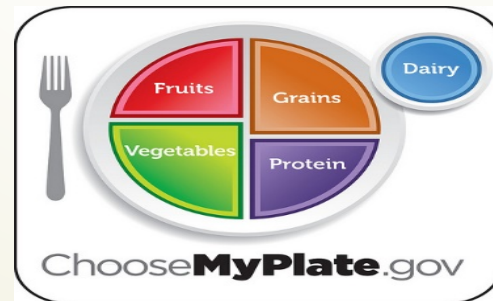
Quitting is the best gift you can give yourself and your loved ones!

- ▶ Improves your health
- ▶ Reduces your risk of cancer, lung disease, heart disease and other smoking related issues
- ▶ Secondhand smoke is associated with serious health issues in non smokers
- ▶ A pack of cigarettes in NJ is approximately \$8. A pack a day habit adds up to \$2944 per year
- ▶ Vaping, E-cigarettes are also dangerous to your health
- ▶ 1-800-Quit Now



Eat a Healthy Diet

- ▶ Make half your plate fruits and vegetables
- ▶ Make at least half your grains whole grains
- ▶ Switch to fat-free or low-fat milk (1%)
- ▶ Read Nutrition labels
- ▶ Less than five ingredients
- ▶ Portion control
- ▶ Drink 5 to 8 glasses of water per day















Portion Distortion

- ▶ Portion sizes have increased greatly over the last 20 years
- ▶ Most portions now are enough for multiple meals
- ▶ You do not have to clean your plate!
- ▶ Check serving size on nutrition labels




What's a healthy portion?

If you're not sure how much you should eat, everyday objects offer guidance on what makes up a healthy portion size

VEGETABLES  1 cup = Baseball	MEAT  3 ounces = Deck of cards	PASTA  $\frac{1}{2}$ cup = Tennis ball	ICE CREAM  $\frac{1}{2}$ cup = Two golf balls	FISH  3 ounces = Checkbook	PANCAKE  4-inch compact disc
BAKED POTATO  Computer mouse	CHEESE  $1\frac{1}{2}$ ounces = Four stacked dice	MUFFIN  A large egg or light bulb	BUTTER  1 teaspoon = Thumb tip	PEANUT BUTTER  2 tablespoons = Ping-pong ball	BAGEL  Hockey puck



Maintain a healthy weight

- ▶ Everyone has a different body type
 - ▶ Focus on keeping your body healthy for your body type
 - ▶ Small weight loss matters a lot- a 5 to 15% decrease in weight improves health greatly
 - ▶ If you are overweight losing 5 to 10 pounds can lower blood pressure
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Exercise Regularly

- ▶ 150 Minutes a week of moderate-intensity aerobic activity e.g. walking briskly, dancing, mowing the lawn, shoot baskets, sweep, mop/vacuum the floors.
- ▶ Strength training at least 2xs a week e.g. weight training, using resistance bands, using your body for resistance by doing push-ups, pull-ups, crunches.
- ▶ Balance exercises e.g. yoga, tai chi, fit board



Don't drink too much!

- Cut back on alcohol use or choose not to drink at all
- Alcohol can increase cancer risk
- Increase risk of liver disease
- Immune system problems
- Brain damage

Moderation is the key

- Standard drink: 12 oz. beer or wine cooler, 5 oz. glass of wine, 1.5 oz. of liquor
- Limit to one drink per day
- Do not drink and drive



Manage Stress


Too much stress can lead to serious health problems.

- Increase blood pressure
- Headaches
- Lower immune system
- Digestive disorders
- Alzheimer's disease
- Asthma
- Depression





Ways to manage Stress

- ▶ Exercise
 - ▶ Don't take on too much- know your limits
 - ▶ Delegate/ Share responsibilities
 - ▶ Plan
 - ▶ Learn what you can control and what you can't
 - ▶ Let go of what is out of your control
 - ▶ Limit caffeine
 - ▶ Laugh
 - ▶ Call a friend
 - ▶ Get a massage
 - ▶ Meditate
 - ▶ Breathe
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Sleep



7- 8 hours per night for most adults can do wonders for their health, mood, and energy levels.

The trick to Healthy Living is in making small, manageable steps

Eat more fruits and vegetables



Take those extra steps

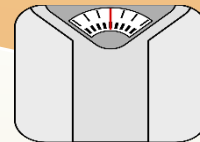


Get regular check ups



Remember: Make **YOU** a priority!

Maintain a Healthy Weight



Drink that extra glass of water



Get enough sleep



Stop Smoking



Preventative Health such as Flu vaccines



YOU