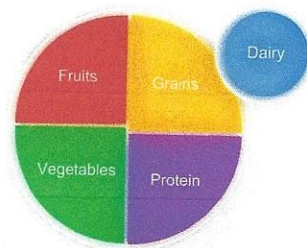


YOUR HEALTH IS UP TO **YOU!** MAKE IT **FUN!**

EATING HEALTHY IS EASY & **COLORFUL!**

- Try adding a new fruit or vegetable to your meals each month
- Pick colors from the rainbow to your plate
- Olive and avocado oils are healthy fats to use instead of animal fats
- Keep fresh fruit out in a bowl or cut up in the refrigerator for your family instead of candy and pastries
- Choose whole wheat and whole grains instead of white flour for breads
- Read package nutrition information and look for products with 5 grams of fiber when possible
- Avoid fad diets that are hard to maintain and tend to promote weight gain after their use



HAVE **FUN** INCREASING YOUR ACTIVITY

- Pick one or two activities you really enjoy, and can do comfortably
- If you are getting started with activity, start slow and build up over a few weeks
- Try to get moderate exercise 30 minutes a day, three or four days a week
- Brisk walking, dancing, hiking improve your heart, lungs and circulatory system
- You should be able to talk, but not sing, while engaged in activity
- Standing on one foot when brushing your teeth improves balance and helps prevent falls
- Make it a family activity! Get the kids out with you to improve their health as well.
- Gardening is a great strengthening activity for the whole family
- Try a new activity, like kayaking, flying a kite with children, or explore a new area of the community
- Be sure to stretch your muscles when you are done with your activity to keep muscles from aching



SOCIAL CONNECTION KEEPS YOU **HAPPY**

- Stay in touch with family and friends, even if it is on the telephone
- Plan and enjoy meals with friends and other families
- Your faith community can be an important social connection
- Take a class at a community college for social connection and testing your brain
- Find group activities you like, such as singing at your church, joining a walking group or bowling league



TEST YOUR **BRAIN**

- Learn a new subject by reading or watching videos
- Sing songs from your childhood as well as new ones
- Try your hand at jigsaw puzzles or word games
- Tell your children and grandchildren stories about your experiences
- Take a cooking class



DON'T **SMOKE!**

- Ask your health provider for help to quit, and teach your children the dangers of all forms of tobacco
- Tobacco use hurts every part of you: your heart, your lungs, your skin, and your brain!
- Vaping is a dangerous "substitution" to be avoided
- Chewing tobacco can cause cancer of the mouth, tongue and throat

