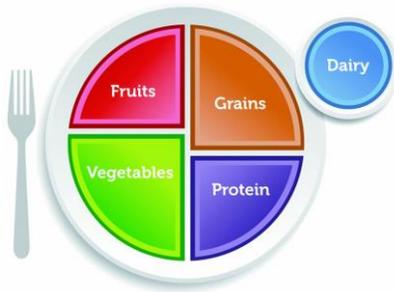


Know Your Body and Your Choices

Everyone is unique and an individual. Being healthy to you might look different for someone else, but there are a few things that everyone should be doing to stay healthy.

- Eat 3-5 servings of vegetables everyday
- Eat 2-3 servings of fruit everyday
- Drink 8 glasses of water everyday
- Limit the amount of sugar and sugary drinks
- Limit the amount of processed food
- Aware of thoughts, feelings, and behavior
- Exercise for ~30 minutes everyday (walking counts!)
- Get 7-8 continuous hours of sleep everyday
- Take medications as prescribed by your provider
- Limit amount of alcohol and drugs including cigarettes, chewing tobacco, vaping

Eating right everyday is a great way to stay healthy. Vegetables and fruits have important vitamins and minerals your body needs to stay healthy. Drinking enough



water helps your body do what it needs to be healthy. [An important tip if you're well hydrated you will be peeing more often. The goal is for your pee to be almost clear. If it's too yellow that means you're not getting enough water.]

Limiting the amount of sugary and processed foods will help your body focus on digesting the healthy food and water. Use the "My Plate" method to help plan your meals.

Getting regular exercise is important. It helps make sure your heart, lungs, and other organs are staying healthy. It helps reduce your risk for certain diseases such as type II diabetes, cardiovascular disease, high blood pressure, and others. It can also help with quality of life. Many people feel better both physically and mentally when they get regular exercise.



Regular exercise and eating healthy are good ways to maintain a healthy weight.

Being healthy mentally is just as important as being physically healthy. Some people struggle with feelings of sadness, loneliness, and anxiety or feel depressed. Symptoms of depression can include: withdrawal from friends and family, changes in sleep and eating habits, problems with school or work, decreased energy, anger or irritability, or poor self-esteem. Talk with someone you trust such

as a parent, teacher, doctor, nurse, or social worker if you think you are anxious or depressed. Help is available. Don't try to deal with these feelings alone! Having these feelings is normal. More people have mental health conditions than you probably think.

Sleep is our body's chance to heal, process, and take break. It helps both your body and brain. Sleep is very important and should be a priority. The goal would be for 7-8 hours of sleep in a row every night. If you're not getting enough sleep you could be at a higher risk for certain diseases and health problems. Talk to your doctor if you don't think you're getting enough sleep.



Doctors and pharmacists are experts in what medications are important for certain conditions. Taking your medications as directed is the best way to treat conditions properly. You are the one in charge of taking your medications. It's up to you to take them as directed and on time. Help yourself by talking to your doctor and pharmacist about why it's important to take as directed and then set reminders or make it part of your routine. For example, each morning when you brush your teeth



take your medication, or get a medicine calendar or pillbox so you know you've taken it each day. An important tip when traveling, always bring your medication on your carry-on or personal bag. Never check it because you never know when your checked bags will get lost or delayed.

Limit the amount of alcohol you drink. Drinking too much and too often can lead to serious health risks. You should also talk to your provider about what alcohol and drugs can interact with the medication you're on. They are not there to judge you, but to help you make the healthiest decisions.

Don't smoke, chew, or vape. Tobacco is addictive and can cause serious harm to your body including cancer, hypertension, and as serious as early death. Smoking is also expensive! The two packs a week smoker in Massachusetts spends ~\$20, that's over \$1,000 a year!



Everything you and your body do should be your choice. Get correct information so you can make the healthiest choice for you.