

Tips for Staying Healthy

Staying healthy mentally, physically, and emotionally is important for overall health and well-being. Living a healthy lifestyle is important to keep your body running the best it can to prevent acute and chronic illnesses and to live a gratifying life. Below are some tips to living a healthier life.



1) Practice Healthy Eating

Food and beverages provide energy and nutrients to improve health, manage disease, and reduce the risk of new disease. Eating healthy doesn't have to be hard or require you to give up things you love. Making smart choices to build overall healthy eating habits is the key. Choose foods mindfully, eat reasonable portions, read food labels so you know what you're putting in your body, and regularly cook meals at home if possible. Tips for eating a healthy, well-balanced diet:

- **Include:** plenty of vegetables and fruits, whole grains, beans, legumes, nuts, and lean meat.
- **Limit:** sweets and products with added sugar, products high in sodium, saturated fat, and fatty or processed meats.
- **Avoid:** trans-fat and hydrogenated oils.

2) Try to Exercise Regularly

Having a healthy exercise regime can improve your quality of life, memory, and sleep, as well as decrease your risk for developing chronic diseases such as heart disease, stroke, type 2 diabetes, dementia, and various types of cancer. It is recommended that adults get at least 150 minutes of moderately intense aerobic exercise or 75 minutes of vigorously intense aerobic exercise per week. Types of aerobic exercises you can do include:

- **Moderate intensity workouts:** brisk walking (at least 2.5 mph), water aerobics, gardening, dancing, tennis (doubles), biking slower than 10 mph
- **Vigorous intensity workouts:** running, hiking uphill or with a heavy backpack, swimming laps, tennis (singles), jumping rope, biking faster than 10 mph, heavy yard work

3) Don't Forget About Mental Health

Mental health encompasses your emotional, psychological, and social well-being. Staying connected with friends, family or social groups is important, and so is looking out for others who might be struggling with mental health issues. Be sure to make time for things you enjoy and spend time with those you care about. Most importantly, reach out for help when you feel stressed or anxious. It can also help to learn coping methods to help you manage stressful situations.

If you need someone to talk to, call our 24-Hour Helpline at 1.800.928.8000. We can help.