

# 10 TIPS FOR HEALTHY LIVING



Happy  
New Year  
2012

Each year, Americans make countless New Year's Resolutions ... only to abandon them within a month or two. While resolutions are a great way to jump start a new year, the only ones that lead to good health are small, realistic changes that you can maintain throughout the year. The Health Department offers these 10 tips for good health:

**MAINTAIN A HEALTHY WEIGHT.** You don't need to read statistics to know too many Americans are overweight! Too much body fat is a known risk factor for hypertension, coronary heart disease and stroke, lipid disorders, diabetes, gallbladder disease, osteoarthritis, sleep apnea or other breathing problems, and certain cancers. Everyone's healthy weight is different, but BMI (Body Mass Index) is an easy way to get an idea of where you are - **visit [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm) to calculate your BMI.**

**IMPROVE YOUR DIET.** We are a nation of supersized fast food lovers. Try slowly changing to a "whole food" diet that includes more fruits and vegetables, low fat meats and dairy products, and whole grains ... and fewer processed foods that are higher in fat, salt and empty calories. **Visit [www.nutrition.gov](http://www.nutrition.gov) for easy access to nutrition information resources.**

**EXERCISE.** Lack of regular exercise increases the risk of developing several chronic illnesses ... and dying prematurely. Moderate daily exercise (a 20 minute walk) or exercising more intensively 3-4 times a week can reduce these risks, help control weight, increase your energy level and reduce stress. Talk with your health care provider before starting any new exercise program. **Visit [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity) for ideas on how to incorporate more movement into your life.**



**CONTROL YOUR CHOLESTEROL AND BLOOD PRESSURE .** Cardiovascular disease is the number one killer of both men and women in the United States. Know your blood pressure and cholesterol values and keep them under control with diet, moderate exercise, weight control and medication when prescribed by your health care provider. **Visit [www.americanheart.org](http://www.americanheart.org) or call (800) 242-8721 for "heart healthy" tips.**

**PERFORM MONTHLY CANCER SCREENINGS** - breast self exams for women and testicular self exams for men. Detection of early changes and prompt treatment greatly increase the “cure rate” of many cancers. **Visit [www.cancer.org](http://www.cancer.org) or call (800) 227-2345 for more cancer prevention, detection and treatment information.**



**DON'T USE ANY TOBACCO PRODUCTS.** Everyone knows that smoking is the leading cause of lung cancer. But smoking also increases the risk of many other diseases including adult leukemia, pancreatic and cervical cancers, heart disease, and diabetes. **Visit [www.nj.quitnet.com](http://www.nj.quitnet.com) or call toll-free (866) NJSTOPS for smoking cessation information.**

**DRINK IN MODERATION ... OR NOT AT ALL.** Evidence is mixed as to whether it is healthier to drink small amounts of alcohol (no more than one drink per day for women and two drinks per day for men) or to abstain completely. But it is clear that more than moderate drinking is associated with liver and heart disease, some cancers, pancreatitis, alcohol related birth defects, and driving accidents. **Visit [www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov) or call (800) 238-2333 if you, or someone you know, has a substance abuse problem.**

**FIND A GOOD PRIMARY CARE PROVIDER.** Your doctor, physician assistant or nurse practitioner should allow enough time for you to comfortably ask questions. Ask about recommended routine screenings, nutritional supplements and any preventive therapies - such as daily aspirin or cholesterol lowering medication - for your age, gender and medical history. **Visit [www.healthfinder.gov](http://www.healthfinder.gov) for comprehensive health care resources.**

**BE SEXUALLY RESPONSIBLE.** The only sure ways to avoid sexually transmitted infections is to not to engage in any sexual behavior (abstinence) or be in a mutually monogamous relationship with a person known to be disease-free. Any other kind of sexual encounter exposes you to risk. **Visit [www.ashastd.org](http://www.ashastd.org) for more information.**

**GET A GRIP ON STRESS.** Everyone feels “stressed out” from time to time. But chronic stress can suppress your immune system, making you more likely to catch a cold, contract a more serious disease, even take longer to heal. Practice stress management techniques, get enough sleep, and remember to laugh a little ... humor is nature’s most efficient stress reducer! **Contact the NJ Self Help Clearinghouse at [www.njgroups.org](http://www.njgroups.org) or (800) 367-6274 for support groups in your community.**



**HEALTHY LIVING** Community Wellness Program  
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