

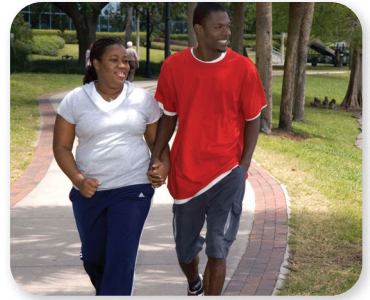
**Eat Healthy Foods**



**Keep at a Good Weight**



**Exercise**



**Don't Smoke**



**Get Regular Checkups**



**Take Care of Stress**



**Staying Healthy**



## How Can I Stay Healthy?

You can do many things to **prevent** poor health and disease. This is called **prevention**. The rules in this chapter are the most important things you can do to prevent disease and stay healthy.

### About the Rules for Healthy Living

- They do not cost a lot of money.
- They help prevent disease.
- They will make you healthier and feel better.
- They may mean you have to change your habits.
- They are things that anyone can do.



## Rule 1: Eat Healthy Foods

### How does eating healthy help?

- It gives your body the nutrients to have energy, stay healthy, and fight disease.
- It helps keep you at a good weight.
- It makes you feel good.

### What does eating healthy help prevent?

- Heart disease.
- High blood pressure.
- Some kinds of cancer.
- Diabetes.
- Obesity.
- Osteoporosis (weak bones).

### What can I do to eat healthy?

- Eat more fruits and vegetables.
- Eat less fat, sugar, and salt.
- Read the Nutrition chapter in this book.



## Rule 2: Keep a Healthy Weight

### How does a healthy weight help?

- Less fat on your body makes your heart and joints work easier.
- To keep a healthy weight you must eat well and exercise, which also helps keep you healthy.
- A good weight makes you feel better about yourself.

### What does a healthy weight help prevent?

- Heart disease.
- High blood pressure.
- Some kinds of cancer.
- Diabetes.
- Joint problems (knee pain, ankle injuries, etc.).

### What can I do to keep at a healthy weight?

- Ask your doctor what a healthy weight is for you.
- To lose weight, eat less calories and be more active.
- Make a goal and ask a friend or family member to help you.



## Rule 3: Exercise

### How does exercise help?

- Exercise makes your body and your heart stronger.
- Exercise helps to reduce stress.
- When you exercise, your body makes chemicals that make you feel happy.
- Exercise helps keep you at a healthy weight.



### What does exercise help prevent?

- Heart disease.
- Obesity.
- Stress.
- Trouble sleeping.

### What can I do to get more exercise?

- Find ways to be more active. Walk when you can. Use the stairs.
- Talk with your family and friends about ways to exercise together.
- Ask your doctor what kind of exercise is right for you.

## Rule 4: Don't Smoke

### How does NOT smoking help?

- Not smoking gives you more energy.
- Not smoking saves you money.
- Not smoking helps you live longer and healthier.
- Not smoking protects your family, especially children, from health problems.



### What does NOT smoking help prevent?

- Cancer.
- Heart disease.
- Lung diseases.
- Infertility (not being able to have a baby).
- Health problems for people who breathe other people's smoke.

### If I smoke, what can I do to quit (stop) smoking?

- Call 1-800-784-8669 for free information on how to stop.
- Talk to your doctor about medicines that can help you quit smoking.
- Do not smoke in the home or car, especially if there are children.
- Teach your children and friends why smoking is dangerous. Help them to stop or never to start!

## Rule 5: Get Regular Checkups

### How does getting regular checkups help?

- Doctors can help you to stay healthy and prevent diseases.
- Doctors can check for diseases that you may not know you have, like heart disease, cancer, high blood pressure, and diabetes.



### What does getting regular checkups help prevent?

- Often diseases get worse over time. The sooner your doctor finds a disease the easier it is to treat.
- Children get shots at their checkups that help prevent diseases.

### What can I do to get regular checkups?

- Find a doctor you like and trust.
- Find health insurance you can afford or find a clinic where you can get free or low cost care.
- Do not be afraid to ask questions.

## Rule 6: Take Care of Stress

### How does taking care of stress help?

- It makes you feel better.
- It makes you feel happier.
- It makes you healthier.

### What does taking care of stress help prevent?

- Heart disease.
- Feeling bad.
- Problems with work.
- Problems with relationships.

### What can I do to take care of stress?

- Find ways to relax.
- Do something you enjoy.
- Find time to exercise.
- Talk to your friends and family.
- Get help from your doctor.





# Follow the Rules for Healthy Living to Prevent Disease



1. Eat healthy foods



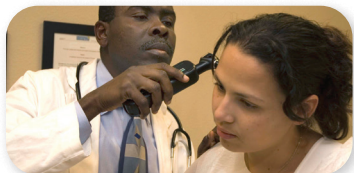
2. Keep at a healthy weight



3. Exercise



4. Don't smoke



5. Get regular checkups



6. Take care of stress

to protect  
yourself from

Obesity

Diabetes

Heart disease

Cancer

Heart attack

High blood pressure

## How Can Your Doctor Help?

- Your doctor can help you follow the rules for healthy living.
- Your doctor can refer you to **specialists** that can help you follow the rules you have trouble with. For example, a **dietician** can help you eat healthy food and keep at a healthy weight. A psychologist or counselor can help you manage stress.
- Your doctor can refer you to community exercise programs or programs that help you quit smoking.
- Your doctor may prescribe medicines that can help you quit smoking, manage stress, or lose weight.

### Dialog

**Mike:** Why are you going for a walk instead of watching TV?

**John:** Well, I saw my doctor last week, and he said that I have to make some changes.

**Mike:** Why?

**John:** Because I'm overweight. He says that if I don't change my health habits, I could get heart disease, just like my father did.

**Mike:** What kind of changes do you need to make?

**John:** More exercise, less fast food, less beer, too. That will help me lose weight and make my heart stronger.

**Mike:** Don't tell me he's making you quit smoking, too!

**John:** Yes, and you're going to quit with me.



## How Can I Learn More?

Visit these websites to learn more about prevention.

### Information

#### **Stay Active and Feel Better! (in English and Spanish)**

<https://www.niddk.nih.gov/health-information/weight-management/keep-active-eat-healthy-feel-great>

#### **US Dept. of Health & Human Services**

<https://usa4you.com/wp-content/uploads/2015/10/Tips-for-a-Safe-and-Healthy-Life.pdf>

#### **Coping With Stress?**

<https://floridaliteracy.org/books/StressSE.pdf>

<https://youtu.be/j5kqf40mTz4>

#### **Women's Reproductive Health Basics**

<https://www.youtube.com/watch?v=4e1hVHrf4sw&t=18s>

#### **Women: Steps for Better Health by Age**

<https://www.womenshealth.gov/healthy-living-age>

#### **Health Screenings for Men by Age**

<https://medlineplus.gov/ency/article/007465.htm>

### Activities

#### **Quit Your Way (Tobacco Free Florida)**

<http://tobaccofreeflorida.com/quityourway/>

#### **Exercising for a Healthy Heart**

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

#### **Type 2 Diabetes Risk Test**

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

#### **Balancing Food and Activity**

<https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/>

# NOTES