

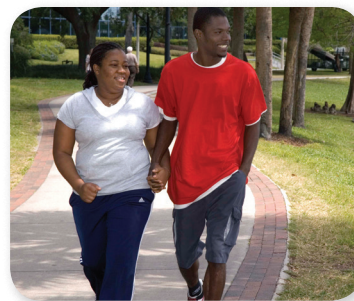
Eat Healthy Foods



Keep at a Good Weight



Exercise



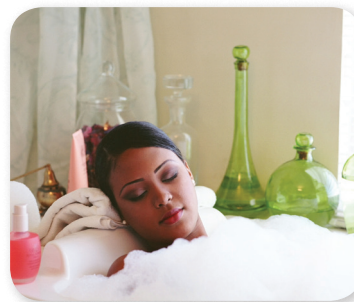
Don't Smoke



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 1-800-784-8664 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



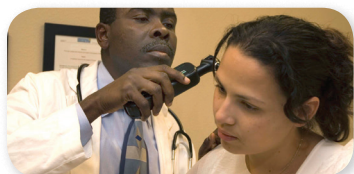
2. Keep at a healthy weight



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)

nhlbi.nih.gov/health/resources/heart/amer-indian-risk-html/sec5-index

Tips for a Safe and Healthy Life (in English and Spanish)

cdc.gov/family/parenttips/index.htm

Coping With Stress

floridaliteracy.org/books/StressSE.pdf

[youtube.com/watch?v=j5kqf40mTz4](https://www.youtube.com/watch?v=j5kqf40mTz4)

Women's Reproductive Health Basics

floridaliteracy.org/books/WomensHealthSE.pdf

[youtube.com/watch?v=4e1hVHrf4sw](https://www.youtube.com/watch?v=4e1hVHrf4sw)

Women: Steps for Better Health by Age

womenshealth.gov/nwhw/by-age

Men: Stay Healthy at Any Age

goo.gl/ZHHTv7

Activities

Quit Your Way (Tobacco Free Florida)

tobaccofreeflorida.com/quityourway/

Exercising for a Healthy Heart

goo.gl/Dgo3x6

Type 2 Diabetes Risk Test

diabetes.org/are-you-at-risk/diabetes-risk-test/

Balancing Food and Activity: Body Weight Planner

supertracker.usda.gov/bwp/

NOTES