



Good For You!

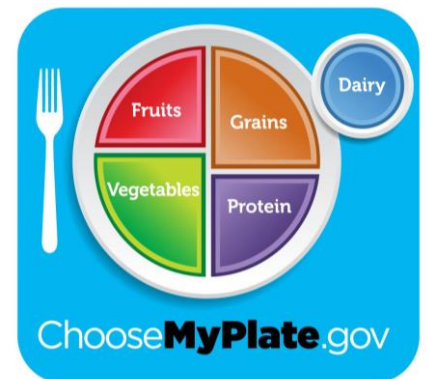
Congratulations! Good for YOU! You've made a choice for good health. When you're healthy, life is better. You have more energy for work and play. You look and *feel* great. You are important! Treat your body well.

Exercise. According to the Centers for Disease Control and Prevention (CDC), adults need 150 minutes of moderate-intensity aerobic activity (brisk walking) every week, plus muscle-strengthening activities (lifting weights) two or more days a week. If you exercise vigorously (running), 75 minutes per week is your goal, plus the strength-building activities. Children need 60 minutes or more of physical activity daily. Walk, swim, bike, do aerobics, dance or play a sport - it's your choice! Just get moving!

Avoid cigarettes, smokeless tobacco, alcohol, and other drugs. Choose to be drug- and tobacco-free. Don't be shy - seek out support programs if you need help to stop. Take medications only as prescribed. If you drink alcohol, do so in moderation - that means two drinks a day for men and one drink a day for women.

Get enough water. Drink up! According to the National Academy of Sciences, Institute of Medicine, Food and Nutrition Board, young women and men (ages 19 to 30) need 89 to 122 ounces (11-15 cups) of water per day. This can come from the water you drink, other beverages and your food. The more physically active you are or the hotter the weather, the more water you will need to stay hydrated.

Eat well. Use "MyPlate" as an every-day guide to help you make smart food choices. Eat whole grains, low-fat dairy products, lean proteins and five servings of fruits and vegetables each day. Watch portion sizes and limit fast food and sugary treats to stay at a healthy weight. For more information, visit www.choosemyplate.gov.



Sleep well. Most of us don't get enough sleep. According to the National Sleep Foundation, seven to nine hours per 24-hour period is what most adults need. Children and teens need more (over 10-13 hours).

Stay on top of check-ups and screenings. Ask your health care provider and dentist about what screenings you need and how often you should have them. To learn more about screenings and making the most of your provider visits, go to www.cdc.gov/family/checkup. Make sure your immunizations are up-to-date. Remember, adults need a tetanus (Tdap) shot every 10 years.

Take time for you. Too much stress is hard on your body. It's not selfish to take care of yourself. You'll be able to bring more energy to your family and work if you set aside some time every day to do something you really enjoy. A happier you is a healthier you!

For more information about healthy lifestyles, contact Guilford County Department of Health and Human Services, Division of Public Health at 336-641-7777 or www.guilfordcountync.gov.

Free language assistance is available upon request.

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