



Tip Sheet on Healthy Living

1) Do you have a family history of chronic disease?

Your healthcare provider will ask about your family history. Certain forms of cancer, diabetes, heart disease and stroke can run in some families. Information about health problems among your closest relatives will help tell your healthcare provider whether you need to be especially cautious about preventing certain diseases through lifestyle changes or medication.

2) Are you physically inactive?

Being physically active for at least 30 minutes on five or more days each week can help you not only look and feel better, but it can also help reduce your risk of these diseases. Living a physically active lifestyle has many benefits, and all of these benefits can begin with moderate activity. This includes things like walking, biking – even housework and gardening. And if you enjoy more vigorous activities, that's great too! The more active you are the more benefits you gain. The most important thing is to get more active every day. And it's never too late to start.

You don't have to do all 30 minutes continuously. Being active for 10 to 15 minutes at a time can help improve your health. Stretch for 10 minutes in the morning before everyone gets up, take a 10 minute walk during lunch, and go for a 10 minute walk after dinner, and you have managed to work in 30 minutes of activity.

Another key to finding time for physical activity is to reduce the amount of time spent doing things that are inactive. Take a look at what you do during a normal day. Are you sitting when you could be moving around? Try these tips for making your routine more active:

- Use the stairs instead of the elevator
- Walk to visit co-workers instead of sending an email message
- Plan active vacations – go hiking, biking, or pack tennis racquets
- Use a stationary bicycle or treadmill while watching TV
- Plan your activity routine to gradually increase the days per week and minutes per session
- Take a 10 minute activity break at work to stretch or take a quick walk, or use your lunch break to add more activity to your day
- If you can, walk or bike to your destination
- Go dancing with your spouse or friends
- Wear a pedometer every day and watch your steps increase
- Join a sports or recreation team

3) Do you eat a healthy diet?

Many people don't know it, but one of the most important things you can do to protect yourself from these diseases is to eat a healthy diet. Whether you have a family history of cancer, diabetes, heart disease or stroke, what you eat – and how much you eat – can help you reduce your risk. As a matter of fact, if you are one of the many Americans who do not smoke, eating well – along with being active and maintaining a healthy weight – is your best defense against disease.

Following a few simple recommendations from the American Cancer Society, American Diabetes Association and the American Heart Association can help you eat your way to a healthier weight – and a healthier YOU!

Make healthy choices:

- Eat at least five servings of vegetables and fruits each day. Focus on fruits and vegetables that have the most color – they're generally the most nutritious.
 - Does "five" sound like a lot? Serving sizes are actually smaller than you might think!
 - One medium piece of fruit
 - ¼ cup of dried fruit
 - ½ cup chopped, canned or frozen fruit
 - 6 oz of 100% fruit or vegetable juice
 - ½ cup chopped, canned or frozen vegetables
 - 1 cup of leafy greens
- Choose whole grains over processed (refined) grains and sugars.
 - Choose whole-grain rice, bread, pasta and cereals.
 - Not sure if it's whole grain? Look for "whole wheat" or another whole grain as the first ingredient on the label.
 - Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks and other foods high in sugar.
- Substitute healthier fats for not-so-healthy fats.
 - Choose monounsaturated and polyunsaturated fats such as olive oil, canola oil and peanut oil.
 - Avoid trans fats, which are found in many margarines and baked goods.
 - Limit your intake of saturated fats and cholesterol found in meats and dairy products.
 - Select lean cuts of meat (look for "round" or "loin")
 - Choose low-fat and fat-free dairy products
 - Choose poultry, fish and beans as alternatives to beef, lamb and pork
 - Trim excess fat from meats
 - Add avocados and nuts to your diet. (These are high in healthy fats, but also high in calories, so don't go overboard!)

Watch your portion sizes:

- Use these visuals to help you judge what a normal portion size is:
 - ½ cup of vegetables or fruit is about the size of your fist.
 - A medium apple is the size of a baseball.
 - A 3 oz portion of meat, fish or poultry is about the size of a deck of cards.
 - A single-serving bagel is about the size of a hockey puck.
 - 1 ½ oz of cheese is the size of a pair of dice.
 - 1 tablespoon of peanut butter is about the size of the tip of your thumb.
- Eating out? Restaurant portions are frequently two to three times larger than normal portions. Remember these tips next time you dine out:
 - Split an entrée with a friend or save half of it for lunch the next day.
 - Have an appetizer and salad or soup as your main course.
- At home, serve appropriate portion sizes, and store the rest for leftovers. Avoid eating directly out of a bag or carton. Think about buying foods packaged in individual serving sizes to help you control portions. Serve dinner on your smaller salad plates instead of your dinner plates!

Choose foods that help maintain a healthy weight:

- Substitute vegetables, fruits and other lower-calorie foods – low-fat dairy products, lean meats and cheeses, whole grains, and reduced sugar foods – for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets.
- Use evaporated (skim or whole) milk instead of higher-fat cream in baked goods, sauces and soups.
- Use reduced-fat or fat-free yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace part of ricotta cheese with reduced-fat cottage cheese. Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of cream or half-and-half.
- Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.
- Select yogurt or milk products without added sugar or flavorings. Mix in fresh fruit for a flavor boost.
- Use low-fat cooking methods like roasting, baking, broiling, steaming or poaching. Limit deep-fat frying and sautéing in a lot of oil, butter or margarine. Use cooking spray, broth or water to sauté meats.

4) Do you smoke cigarettes or are you exposed to secondhand smoke?

Smoking causes almost one-third of all cancer deaths and one-fifth of deaths from heart disease and stroke. Smoking complicates diabetes, and recent studies now link tobacco use to an increased risk of developing the disease.

But there's good news too – the health benefits of stopping smoking are immediate and long-lasting. And it's never too late to quit – for your health and the health of the people you love. If you're a smoker, ask your healthcare provider for help with quitting, and contact the American Cancer Society, American Diabetes Association, and the American Heart Association for resources that can double your chances of success.

Quitting smoking is one of the hardest things you'll ever do, but you'll be glad you did. About 48 million Americans smoke cigarettes, but most smokers are either actively trying to quit or want to quit. Since 1965, more than 40 percent of all adults who have ever smoked have quit. You can be among that group too.

Tips to help you quit:

- List all the reasons you want to quit smoking (e.g., better health, save money, play with children/grandchildren) and read them several times a day.
- Ask your physician or pharmacist if you are a good candidate for using a nicotine replacement (e.g., patch, gum, lozenge) or other medication to help you quit. Consider smoking cessation counseling or support groups.
- Choose a quit date – it could be a significant date (e.g., a birthday or anniversary) or just a date about two to three weeks away. Before your quit date, get rid of all smoking-related materials in your home and work area (e.g., ashtrays, matches, cigarette packages).
- Stay busy! Go to the movies, exercise, take long walks, go bike riding.
- Find healthy substitutes for smoking. Carry sugarless gum or artificially sweetened mints. Munch carrots or celery sticks. Try doing crafts or other things with your hands.
- Let your friends, family, and co-workers know that you plan to quit – and ask for their help and support. And if your spouse or partner smokes, ask them to help you out by not smoking around you for the first couple of months after you quit.

If you slip up, don't punish or blame yourself – simply try again and ask for help.