

5 Daily Steps for a Health Lifestyle

Recommended for women by the U.S. Department of Health and Human Services

1. Don't Smoke.

If you do smoke, stop. Talk to your doctor about quitting. If you are pregnant and smoke, quitting now will help you and your baby. Your doctor or nurse can help you.

Here's how you can help yourself.

- For tips on how to quit, go to www.smokefree.gov.
- To talk to someone about how to quit, call the National Quitline: (800) QUITNOW.
- To find a Carondelet physician, call 872.7324

2. Be Physically Active.

Currently, the government recommends moderate physical activity at least 30 minutes a day, on most days of the week. However, studies show that even less physical activity will yield health benefits.

Exercise is associated with living longer and better. Women who are physically active throughout life experience fewer physical disabilities as they age than inactive women.

Studies show that women who exercise tend to have lower cholesterol levels and better blood pressure control. Similarly, studies show exercise helps people with type 2 diabetes lose weight and better control blood sugar levels.

Although women are strongly encouraged to start a regular exercise program as soon as possible, studies find it is never too late to start. Women tend to benefit from exercise at whatever point in life they chose to begin.

Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Do you think your size is a barrier to getting going? You can do it – consult your doctor.

3. Eat a Healthy Diet.

Emphasize fruits, vegetables and whole grains. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, sodium and added sugars. Calcium is essential for women. Include fat-free or low-fat milk and milk products.

4. Stay at a Healthy Weight.

Balance calories from foods and beverages with calories you burn off by your activities. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

5. Drink Alcohol Only in Moderation.

If you drink alcohol, have no more than one drink a day. One standard drink equals one of the following: 12-ounce bottle of beer or wine cooler, 5 ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits. If you are pregnant, avoid alcohol.

For more information, visit www.carondelet.org/women