

Everyday Choices For a Healthier Life

Make Four Basic Changes, Help Protect Yourself from Four Major Diseases

(NAPSA)—Prevent cancer? Diabetes? Heart disease and stroke? It sounds too good to be true. But taking charge of your everyday choices can improve your health and help protect you from these leading causes of death in the United States.

Working together, the American Cancer Society, American Diabetes Association and American Heart Association have identified four steps to take to reduce your risk of developing these four chronic diseases:

- Eat a healthy diet; achieve and maintain a healthy body weight.
- Be physically active.
- Don't smoke, and avoid secondhand tobacco smoke.
- See a physician to assess your personal health risks and discuss screening options.

Cancer, diabetes, heart disease and stroke kill nearly 1.5 million Americans every year—that's nearly two out of every three deaths. That's the bad news, but the good news is that there are some basic, everyday steps you can take to lower your risk of all four diseases. The three organizations encourage you to take these steps to protect yourself from disease—just as you protect yourself from unwanted intruders by locking your doors. Take these steps to “lock in” your health.

The American Cancer Society, American Diabetes Association



and American Heart Association have worked together to develop practical tips to help you get started on the road to better health. They have also developed a unified set of health screening guidelines to help your physician identify your personal health risks, and work with you to protect your health.

For tips and more information about how you can make everyday choices for a healthier life call toll-free, 1-866-399-6789, or visit the campaign's Web site at www.everydaychoices.org. Information is available in both English and Spanish.