

Five Simple Tips For A Healthy Life

(NAPSA)—Practicing prevention every day is the key to staying healthy. With heart disease, cancer, stroke, diabetes, influenza and pneumonia being the leading causes of death for women in the United States, women need to know what they can do to stay healthy and reduce their risk for these diseases.

Here are five simple steps women of all ages can take every day to improve their health and their lives, from experts at the U.S. Department of Health and Human Services:

1. Eat Better. Eat more fresh fruits and vegetables. Reduce the amount of fat in your diet. Choose the leanest cuts of meat to eat and cut down on fried foods.

2. Get Moving. Women of all ages benefit from a moderate amount of exercise, about 20-30 minutes a day. It need not be strenuous. Regular exercise can help reduce the risk of heart disease, diabetes, colon cancer, high blood pressure, muscle and joint disorders, symptoms of anxiety and depression, and more.

3. Be Smoke Free. Lung cancer is the number one cause of cancer death in women. When you quit smoking, your heartbeat slows to normal, and your lungs begin to clear and repair themselves. And remember, second-hand smoke—smoke that you inhale when others smoke—also



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affects your health.

4. Get Regular Exams and Screenings. Talk to your health care provider and find out when you need a Pap smear, mammogram, colorectal cancer screening, and more. When problems are found early through screening, your chances for a cure are better.

5. Be Safe And Protect Yourself. Take simple steps to keep yourself safe. Wear seatbelts and helmets to prevent injury. Use sun protection to prevent skin cancer. Install a smoke alarm in your home.

Improve your health and improve your life. To learn more, visit www.4woman.gov or call 1-800-994-WOMAN (1-800-994-9662) or 1-888-220-5446 for the hearing impaired.