INKformation Well-Being

- 1) Wash your hands often.
- (2) Maintain a healthy weight. Lose weight if you are overweight. Losing even 5-7% has health benefits.
- Eat a healthy diet.

- 4 Do regular physical activity.
- Get enough sleep and rest.
- 6 If you use tobacco, get help to quit.
- Avoid secondhand smoke.



- Brush your teeth twice a day. Floss daily.
- Get regular health screenings.
- Get a yearly flu shot and other recommended vaccines.

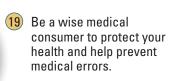
Well-Being NKformation

Well-Being

- 11) Balance work and personal time.
- Take care of your mental and emotional health.
- Follow your treatment plan(s) for health conditions you have.
- Befriend others and be a good friend.



- Take part in your community. Help others.
- Plan for personal and home safety.
- Wear a seatbelt. Don't text or talk on a cellphone while driving.
- Drive sober or with a driver who is.



Build a budget and stick to it to control spending and stay out of debt. Plan for retirement.

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