

Well-Being

20 TIPS

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



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



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

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



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



- 19 Be a wise medical consumer to protect your health and help prevent medical errors.
- 20 Build a budget and stick to it to control spending and stay out of debt. Plan for retirement.