

## 12 Tips for maintaining a healthy lifestyle:

- Eat healthy. What you eat is closely linked to your health. Eat lots of fruits, vegetables and a good balance of fats, proteins and good carbohydrates such as nuts and fruits. Stay away from sugary foods, breads, grains and pasta and starchy vegetables.
- Drink 48-64 ounces of water a day. More in the hot weather.
- Get regular exercise. Exercise can help prevent heart disease, stroke, diabetes, and colon cancer. Try to exercise 30 minutes a day five days a week.
- Reduce salt intake.
- Track your food intake and exercise on a fitness tracker such as Fitness Pal.
- Maintain optimal weight. Try to stay within 5 lbs of your goal weight for your height and body type.
- Protect your skin – Use sunscreen every day.
- Don't smoke or use tobacco.
- Limit how much alcohol you drink. One drink a day for women and two for men.
- Try to get as close to 8 hours of sleep each night.
- Reduce stress by planning in advance, limit use of mobile devices, and take at least 30 minutes a day to recharge by exercising, meditating or other relaxing rejuvenating activities.
- Be positive, try to genuinely compliment at least one person a day or help someone in need.