

7. DRIVE SAFELY.

Thousands of people die each year as a result of automobile crashes.

Take precautions to keep yourself and others safe on the road. Don't drive drowsy

or after drinking alcohol or taking medication that might make you sleepy. Avoid talking on your cell phone while operating your vehicle. Follow the rules of the road, and slow down in bad weather.



8. LEARN FIRST AID.

Do you know how to respond in an emergency? You might save a *life* by learning techniques such as basic first aid, CPR, the Heimlich maneuver for choking victims and even how to use the automated external defibrillators (AED)

located in many public places. Visit

www.redcross.org to find courses in your area, and keep a well-stocked first-aid kit both in your home and in your automobile — sterile gauze, adhesive tape, bandages, tweezers, scissors, antiseptic cream, disposable cold packs and disposable gloves.

9. GIVE BACK TO YOUR COMMUNITY.

Studies show that people who help others live longer and healthier lives. So check on your elderly neighbor. Read books to children at the public library's story hour. Volunteer at a hospital. Get involved in your church community. **When you give to others, you get a lot back.**



10. BELIEVE IN YOURSELF.

You set priorities for work and home projects. Why not set health goals? What's more important to your well-being? Be honest about the health habits you need to change, and believe you can do it.

Get the support you need for tough challenges. **And be sure to celebrate your successes toward your healthy lifestyle goals.**



PASS IT ON ...

Follow these 10 tips and you are well on your way to improved physical and mental health and well-being. And others around you may benefit too. You'll set an example for your loved ones, friends and co-workers.

Clip & Post

Health Screening Checklist

Staying healthy is a priority for you. But keeping healthy means taking action. Review the tests and immunizations listed below — they are considered basic to the average healthy man or woman. Then schedule a time with your health care provider to determine what and when you need to get checked.

- Blood pressure check
- Blood cholesterol check
- Diabetes test
- Rectum/colon exam
- Skin check
- Dental check
- Vision and hearing tests
- Tetanus and diphtheria booster

FOR MEN

- Prostate exam

FOR WOMEN

- Pap smear
- Breast exam
- Pelvic exam
- Mammogram

Remember, the best reason for routine screening: ***It can save your life.***

(Source: U.S. Preventive Services Task Force)

HEALTHY TOP 10

LIVE LONGER,
HEALTHIER &
HAPPIER



GIVE YOURSELF A HEALTHY ADVANTAGE

People now live longer than ever before ... but you get only one body and one mind to last you a lifetime. Isn't it time you started taking better care of yourself? After all, you could live to be 100.

Outlined in this brochure are 10 basic tenets for living longer, healthier and happier. Take one step at a time. Don't try to change too much at once. For example, if you're trying to eat better, don't change your entire diet in one day — you may feel deprived and reach for foods you're trying to limit. Instead, make small changes ... switch from butter to olive oil ... substitute salmon for beef ... eat fruit and yogurt for your afternoon snack. Before long, you'll eat better and feel better too.

Focus on what you're adding to your life — new skills, new experiences, new activities, a new attitude — instead of what you're leaving behind.

The rewards for mastering these 10 tips: You'll feel more positive. More energized. More alive. Never underestimate the power of feeling good!

THE HEALTHY TOP 10

1. GIVE THE COUCH A REST.

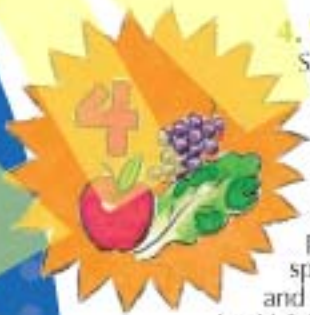
Want an easy energy boost? Turn off the television. Leave the computer or video games. And get up off the couch. Whether you exercise, socialize with friends, make dinner with your partner or play with your children, you'll get more physical activity, mental stimulation and spiritual enrichment. Aim for at least 30 minutes of moderate physical activity every day.



2. GET YOUR REST. The National Sleep Foundation estimates that a majority of people get fewer than eight hours of sleep per night during the week. Need more sleep? Set up a relaxing bedroom environment ... follow a soothing routine before settling down to sleep ... manage stress and exercise more ... talk with your health care provider if sleep problems persist.



3. BALANCE WORK AND PERSONAL TIME. The stretch between your career and your personal life can be a major source of stress, both good and bad. Take time to "recharge your batteries" ... make time to play. Use your vacation time and breaks, and leave work behind when you do. At least once a week, turn off your telephone, computer and pager, and spend time with people and activities for pure enjoyment. **Enjoying the lighter side of life works wonders for your heart and your mind.**



4. WATCH DIETARY FAT. Saturated fat in the diet is a major contributor to heart disease. Saturated fat is found in meat, full-fat dairy products and baked goods made with shortening, or coconut or palm oils. Eat high-fat foods sparingly. Monounsaturated and polyunsaturated fats can be healthful. Avoid harmful trans fats found in margarines and many processed foods.

Low-Fat Alternatives

When you want meat, butter, cheese and baked goods, try meatless burgers, fat-free milk, reduced-fat cheeses, skinless poultry, fish, fruits, vegetables, and legumes such as dried beans and peas. Include foods rich in the good omega-3 fatty acids, such as avocado, nuts and salmon.

Managing Stress

When practiced, many principles of the Healthy Top 10 can help ease stress. And successfully managing stress can help you be your best. Poorly managed stress, however, can lead to emotional and physical problems. It's all in how you handle it. Ideas:

- **COUNT TO 10.** Give your body time to defuse before you react.
- **REHEARSE** for stressful events.
- **TALK** it out.
- **LAUGH** more often.



5. BE SUN SMART.

Nearly half of people who live to age 65 will get skin cancer in their lifetime. Protect yourself and your family, the sooner the better ... most sun damage occurs early in life, even though skin cancers may not show up until middle age.

What to do:

- Avoid midday sun (10 a.m.-2 p.m.).
- Wear sunscreen with an SPF of no less than 15 every time you go out (30 or higher for the most protection).
- Cover up with long sleeves and a wide-brimmed hat.

Wake Up With Water

After hours without hydration, your body will welcome a tall glass of water upon rising each day.



6. DRINK MORE WATER.

Water makes up 60 percent of your body weight. Staying well-hydrated reduces the likelihood of fatigue, headache and dry mouth. Besides water, other fluids such as fruit juice and even coffee and tea count toward fluid replenishment (avoid excess caffeine as it may contribute to dehydration). Drink even more fluids particularly in warm weather and when you exercise. **Don't use thirst as your guide.**