



Check into **quit-smoking methods** with your health care provider's help.

HEALTHY TOP TEN

2 Seek **encouragement** from someone who has quit successfully.

4 Avoid spending **time** with smokers or where smoking is permitted.



3

Keep **alternatives** on hand (sugarless gum, hard candies, a diversion activity).

Resist the Urge to Smoke

5 Pinpoint your **triggers**, write them down and be ready to counteract.

6

Remind yourself about the **ugly** side of smoking on your body and on loved ones.

Replace a smoke break with a walk, a trek up and down stairs, or resistance exercises.

7



Relax more and manage stress by taking time for calming activities.

9

Breathe deeply: Focus on the fresh, clean air that's filling your lungs.

8

Get busy: Play a game, organize a closet or play with the kids.

10





Build on your **abilities**, accept your weaknesses and do the best with what you have.

HEALTHY TOP TEN

Eat a **balanced diet** and keep fit with daily exercise.

2

Find a sense of purpose and satisfaction by **volunteering**.

4



3

Give **support to others**:

Offer a smile or a show of appreciation and graciously accept it if it's for you.

Mental Health Boosters

5

Spend time with **family and friends** who are positive and good-natured.

6

Defeat **financial problems**:

Distinguish between wants and needs, and live on a budget.



7

Get in touch with your **feelings**, and find positive ways to channel negative energy.

Live with a healthy **work/life balance**, and then learn to be at peace with yourself.

8

Find **strength** among others who have had life experiences similar to yours.

9

10

Lighten your **load** by saying “no” to the nonessential and asking for help.



Eat **breakfast**;
a lean protein,
whole grain and
fruit, not overly
sweet cereals
or pastries.



Distract yourself
during **cravings**
by keeping busy — take a
walk or talk to a friend.

2

Eat **slowly**; it
takes 20 minutes
for your brain
to receive the
“full” signal.

3

HEALTHY TOP TEN

Tame Your Appetite

Allow an
occasional
splurge — in the
long run, it’s unlikely
to get you off track.

4

6 Ask your
health care
provider if
medication
could be causing
you to overeat.

Choose filling, **high-
fiber** and **water-rich**
foods (produce, beans,
whole grains, soups).



7

Get enough **sleep**;
hormones released
during slumber
help control
your appetite.

8

9

Make each bite
better by using
spices and other
good flavors in
your cooking.

10

Eat when
you’re
hungry, not
when you’re feeling
stressed or bored.



1 Use a **journal** as a launching pad for your ideas.

2 Broaden your **perspective**; notice at least one new thing on your daily commute.

3 **Read** every day; the more you read, the better your retention.



HEALTHY TOP TEN

Keep Your Mind Sharp

4 Learn from **kids** – they often teach lessons grown-ups have forgotten.

5 Sample **new foods** to teach your taste buds a thing or two.

6 Visit your **library**; it's free, it's quiet and it's loaded with knowledge.

7 Sign up for something fun to learn a new **hobby** and meet like-minded people.



8 Volunteer to **teach**; it's a guaranteed way to learn something new.

9 **Be curious ...** at work, at play, with friends and with family.

10 Take a **road trip**.



Before beginning, ask your **health care provider** what's safe and good for you.



2 Set reasonable **goals** and then raise the bar; vary your activities to stay motivated.

HEALTHY TOP TEN

3 Get the full **benefits** by doing it all: aerobics, strengthening and stretching.

5 Enjoy exercising; **buddy up** with a friend and find an activity you enjoy to beat boredom.

4 **Start slowly** and gradually work toward higher intensity.



Smart Exercise Moves

6 End each workout with a **cooldown** — a light version of your activity or just walking.

7 When **stretching**, use controlled movements until you feel muscle tension; then hold before you slowly release.

8 Don't hold your breath; **breathe** in and out through each move.

9 Drink **water** frequently to prevent dehydration.

10 **Rest** if you feel pain, fatigue, dizziness or shortness of breath.



Take extra precautions or avoid outdoor activities when **UV rays** are strongest (10 a.m.-4 p.m.).

2 Apply **sunscreen** frequently; use a minimum SPF of 15 (30 or more for better protection).

3 **Protect** yourself from UV exposure through your car windows and on cloudy days.

HEALTHY TOP TEN

Skip the white T-shirt; a thin **shirt** provides little protection from the sun's rays.

4

Sun Sense and Skin Protection

6 **Notice changes:** Suspicious spots, changing moles and growths — they can develop anywhere, even on the soles of your feet!

5 Ask your **pharmacist** if sun exposure while taking medication will cause a reaction.

7 Shade your face, ears and neck with a wide-brimmed **hat**.

8 Seek **shade** under an umbrella, tree or canopy.

9 Protect your **eyes** with wraparound UV-protective sunglasses.



Schedule an annual **skin check** with your health care provider.

10

Skip the labor-saving devices and **work** your body instead.

Rev up your engine; require more **energy** from your body with physical activity.

Do **aerobic** exercises for at least 30 minutes, five days per week.

2



3

HEALTHY TOP TEN

Boost Your Metabolism

Build **muscle** with strengthening exercises twice a week (hand weights, resistance bands, yoga).

5

Don't skip **meals**; depriving your body of food actually slows your metabolism.

4

Balance **energy in** (from foods and beverages) with **energy out** (physical activity and exercise).

8

Nibble on healthy **snacks** often, and eat smaller meals at mealtime.

6

Find out your **calorie allowance**; it's based on your age, gender and physical activity level.

7

Get your health care provider's OK before increasing your physical activity level.

9



10

Beware of **dietary supplements**; check with your health care provider first.



Keep an **apple** in your purse, backpack or duffel bag.



4

Mix milk and cheddar cheese over medium heat and serve over **broccoli or cauliflower.**

Choose low- or no-sodium canned vegetables and fruit packed in its own juice, or rinse fruit packed in syrup before eating.

6

Keep fruits and vegetables front and center, **ready to eat** when you are.

9

Add sautéed **spinach** to scrambled eggs, burritos or spaghetti sauce.

2

HEALTHY TOP TEN

Eat More Fruits and Vegetables

Eat **salsa** with eggs or on a baked potato.

3

Pick from **fresh, frozen or canned** fruits and vegetables.

5



8

Buy plain yogurt and add frozen or fresh mixed **berries.**

Hide broccoli or spinach under the cheese on **pizza.**

7

Puree carrots, sweet potatoes or yams and add them to **tomato soup.**

10



Talk to your **health care provider** if you experience unusual symptoms.

Get **screenings** and immunizations that are recommended by your health care provider.



2

HEALTHY TOP TEN



Strike a healthy **work-life balance** so that you're not stressed-out.

3

If negativity, anxiety and depression are keeping you from enjoying life, get professional **help**.

4

Goals for Living Well

Get good **sleep** (7-8 hours); if you have persistent sleep problems, talk to your health care provider.

5

Eat mostly whole grains, fruits, vegetables and other natural foods (not processed foods).

7



Get to know the **preconditions:** borderline ranges for developing high blood pressure, high cholesterol and diabetes.

6



Take time daily to decompress and **relax** before bedtime.

8

Limit alcohol use to no more than 1 drink per day for women, 2 for men; if you smoke, **quit**.

9

Make **exercise** and physical activity a way of life.

10

Control **conditions** such as high blood pressure, high cholesterol and diabetes.

2 Replace unhealthy **saturated fats** with better poly- and mono-unsaturated fats (and watch the calories).

3 If you **smoke**, talk to your health care provider about quitting.

HEALTHY TOP TEN

4 Determine your **risk factors** with your health care provider's help.

If you weigh more than 30 percent above your ideal **body weight**, take steps to get healthy and fit, and reduce calories.

Reduce Your Risk of Stroke

Eat mostly plant-based foods and whole grains, as well as fish twice a week.

7 Limit **alcohol** use to no more than 1 drink per day for women and 2 for men; if you don't drink, don't start.

8 Manage **stress** to help control blood pressure and other stress-related risk factors.



9 Find out from your provider if **atrial fibrillation** (AF) is a problem for you; it's a heart condition associated with stroke.

10 Talk to your provider if you're a **woman** taking birth control pills or hormone therapy (may raise risk).



Keep quality **snacks** on hand: lean proteins, fruits, vegetables and whole grains.

2 Eat meals at about the **same time** each day (avoid eating very large meals and skipping meals).

3 Get much-needed **roughage** from fiber-filled fruits, veggies, whole grains, peas and beans.

4 Stay within your **daily calorie allowance**; keep track of what you eat and drink daily.

HEALTHY TOP TEN

Goals for Good Eating

For **lunches**, use leftover baked or grilled meat, poultry, or fish to dress sandwiches on whole-wheat bread.

6

7 Cook **healthy dishes**; some planning and a shopping list can make wholesome meals easier.



9 Pad **sandwiches** with a variety of colorful vegetables; add flavor with low-fat dressing or mustard.

5 Save fattening **temptations** for an occasional indulgence rather than a regular event.

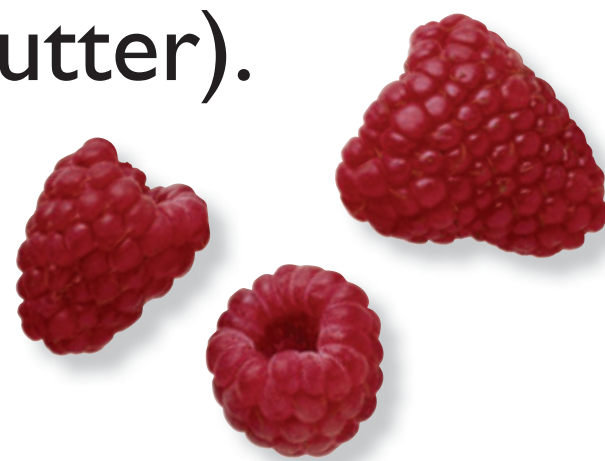
8 Make **fruits or vegetables** about half of what you eat at every meal.

10 Read **labels** to compare ingredients, calories, fat, sodium, cholesterol and sugar.



Don't leave home without a healthful **breakfast** — just juice and coffee won't suffice.

Pack energizing **snacks** (yogurt, cheese, popcorn, fruits, vegetables, peanut butter).



2

HEALTHY TOP TEN



Focus on **solving problems** rather than getting mired in negativity and complaints.

4

3 Identify **stress triggers**, and know how to counteract before getting upset or angry.



Ease Workplace Stress

Limit **caffeine**, which can make you edgy and nervous (drink water throughout the day instead).

5

6 Close your eyes, **breathe** deeply and imagine a scene that makes you feel good.

7 Accept that **changes** in the workplace are normal, not threatening.

7

Take a **break** from your work area when it is permitted.

8

Ease **tension** with 30 minutes of daily exercise and light stretching.

9



Clear your **work area** each day, and plan for the next day.

10