

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

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



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HEALTHY TOP TEN

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

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

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Goals for Living Well

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

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

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

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

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

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

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