

Get enough **sleep**, which is usually about 7-8 hours.



Plan your daily menu

2 around fruits and vegetables, whole grains and lean protein.

3 **Lose weight sensibly** with a balanced diet and regular exercise, not fad diets.

4 **Take time** for personal, intellectual or creative pursuits that you find relaxing.



HEALTHY TOP TEN

Women's Health Wisdom

Get at least 30 minutes of heart-pumping **exercise** most days of the week.

6

7 Work with your health care provider to get the **checkups** and **screenings** right for your age and health issues.

5 Be aware of your personal **habits** that increase your chances for illness and injury.

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8 Watch out for **depression**; if emotions are keeping you down get help.

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9 Increase **self-awareness** about your body to notice changes that might warrant a call to your health care provider.

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10 **Protect your skin** from the sun's harmful rays.

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