

Five Tips for a Safer and Healthier Life

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

We're all busy, but we can improve our health just by taking small steps every day. Follow these five simple tips to help you live a safer, healthier life.

First, eat healthy. Include a variety of fruits, vegetables, and whole grains every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. To maintain a healthy weight, eat a balanced diet.

Second, be active for at least two and a half hours a week. Include activities that raise your breathing and heart rates and strengthen your muscles. Help kids and teens be active for at least one hour a day. Include activities that raise their breathing and heart rates and strengthen their muscles and bones.

Third, protect yourself. Wear helmets, seat belts, sunscreen, and insect repellent. Wash hands to stop the spread of germs. Stop smoking and avoid breathing other people's smoke. Build safe, healthy relationships with family and friends. Be ready for emergencies by putting together a supply kit, making a plan, and being informed.

Fourth, manage stress. Balance work, home, and play. Get support from family and friends. Stay positive. Take time to relax. Get seven to nine hours of sleep every night, and make sure kids get more, based on their age. Get help or counseling, if needed.

Fifth, get regular check-ups. Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and health history. Find out what exams, tests, and shots you need and when to get them. See your doctor or nurse as often as he or she says to, or sooner if you feel sick, have pain, notice changes, or have problems with medicine.

So, remember the five tips: eat healthy, be active, protect yourself, manage stress, and get check-ups. Following these steps can help you live a longer, healthier life.

For more information, visit www.cdc.gov/family/tips.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.