



6 TIPS FOR STAYING HEALTHY

MAKE AN APPOINTMENT

for an annual physical, vaccination or screening. Regular visits to your doctor can find problems before they start.



WASH YOUR HANDS

often with soap and water to prevent the spread of infection and illness. Proper handwashing includes 5 steps: wet, lather, scrub, rinse, and dry.

MAKE HEALTHY FOOD CHOICES

Make a healthy eating plan that emphasizes fruit, vegetables, whole grains, and certain milk products and low amounts of saturated fats, trans fats, cholesterol, sodium and added sugars.



GET ACTIVE!

Physical Activity is one of the best things people can do to improve their health. Adults should get at least 2½ hours a week of moderate-intensity physical activity.

BE SMOKEFREE

If you are ready to quit smoking, check out resources on the Centers for Disease Control and Prevention website or the MA Department of Public Health.



GET ENOUGH SLEEP

Insufficient sleep is associated with a number of chronic diseases and conditions. Adults need 7 or more hours per night.