

Quick Tips for Good Health

1. Be tobacco-free and avoid second-hand smoke.
2. Get your vaccinations to help prevent diseases and save lives.
3. Take advantage of the Preventive Workplace Screening offered by Prevention Partners, and take a copy of your results to your doctor. This can save you money and keep you from duplicating tests.
4. Follow a healthy diet that emphasizes fruits, vegetables and whole grains.
5. Limit portion sizes and foods high in fat, salt and sugar.
6. Try to get 30 to 60 minutes of physical activity every day.
7. Stretch out while sitting at your desk to help blood circulation.
8. Take the stairs instead of the elevator when possible.
9. Stand up and move around while talking on the phone, especially if you use a headset.
10. Remember: A little bit of something is better than a lot of nothing. Any physical activity you can fit into your daily routine can help. This [guide](#) is from the National Institute on Aging and NASA. Although it was prepared for older people, it offers a good exercise program for anyone.