

# HEALTHY LIVING CHECKLIST

## ✓ I WILL STAY HEALTHY

- Get a good night's sleep.
- Seek out healthy/positive relationships.
- Wash your hands often throughout the day.
- See a dentist regularly, brush at least twice a day.
- If you are having sex, practice safe sex.

## ✓ I WON'T EXPOSE MYSELF TO ANY TOBACCO PRODUCTS

Using any type of tobacco (including e-cigarettes and chewing tobacco) and being around secondhand smoke, puts you on a collision course with cancer and heart disease.

## ✓ I WILL EAT A HEALTHY DIET

- Eat plenty of fruits and vegetables.
- Eat fats and sweets in moderation.
- Drink eight 8 ounce glasses of water daily.

## ✓ I WILL MAINTAIN A HEALTHY WEIGHT AND BE PHYSICALLY ACTIVE

Adults who participate in any amount of physical activity gain health benefits. As a general goal, include at least 30 minutes of physical activity in your daily routine — and if you can do more, even better.

## ✓ I WILL PROTECT MY SKIN

The best way to care for your skin is to protect yourself in the sun and avoid tanning beds. Understand the risks of tattoos and piercings.

## ✓ I WILL HAVE MEDICAL INSURANCE

It is essential for everyone to have some form of health insurance. Preventive medicine and quick treatment are two of the best ways to avoid serious health problems. Take the time to carefully research an insurance provider that is best for you.

## ✓ I WILL GET IMMUNIZED

Disease prevention includes protection from certain viral infections. Talk to your doctor about immunizations.

## ✓ I WILL GET REGULAR MEDICAL CARE

Get regular physical exams, health screening tests and practice self-exams, these are an important part of preventive health care.





The Healthy Connections Learning Laboratory is administered by  
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