



Here are 5 ways you can improve your health without a prescription:

1. Eat Better. *Food is fuel for the mind and body*

Make small changes to meals and snacks. Too many changes at once can be overwhelming and hard to maintain – choose one or two things to focus on and make a plan to stick to them. Once you are comfortable with one change, move to the next one. Examples:

- Fill more of your plate with vegetables, and choose fruit as a snack
- Switch white bread for whole grain bread
- Cut down on meat by practicing Meatless Monday

2. Spend Time Outside. *Helps boost mood and immunity, and increases vitamin D production*

When you spend time in the sun your vitamin D levels rise. Studies suggest that the proper amount of this vitamin helps fight conditions from osteoporosis and cancer to depression and heart attacks. Guidelines:

- Aim to spend at least 30 minutes a day outside, even if it's not active time
- Expose your skin to the sun for half an hour each day (don't overdo it) and supplement with vitamin D at darker/rainier times of the year
- Limit screen time (mobile devices, computers, TVs), leaving plenty of time to enjoy the outdoors

3. Get Adequate Sleep. *Encourages better physical health, improves immunity and memory*

Getting enough sleep is crucial for good health, but you may need less than you think. Some tips:

- Aim for a minimum of 6 hours, but keep in mind it may be broken
- To encourage quality sleep, develop a bedtime routine, including brushing teeth and winding down before bed for at least 30 minutes without any screen time
- For relaxation, try reading a book, easy yoga or meditation

4. Move Your Body. *Exercise provides many benefits: in summary, live longer and die happier*

Adequate exercise is a key to good mental and physical health. Tips to incorporate it into your day:

- Aim for a moderate activity level: at least 30 minutes a day, 5 days a week
- Consider walking or biking to do some of your trips around town
- Find an activity you enjoy – you'll be more likely to stick to it if it's fun!

5. Take Care of Your Social Spirit. *Social/spiritual ease leads to better health and a sense of well-being*

Our emotional health is something that we sometimes ignore – at our own peril! Be kind to yourself by paying attention to this important aspect of your health. Some ideas:

- Spend time with loved ones to reduce stress and improve overall health
- Choose time with family/friends who make you feel good and support healthy choices
- Pursue a new activity (eg. yoga/meditation) that helps you relax and get to know yourself better

Just a Phone Call Away:

Health and Nutrition information: Call 8-1-1 to speak to a nutritionist or pharmacist

Help for getting and staying active: Call 1-877-725-1149 The Physical Activity Line (PAL)