



KEEP FIT

Being active plays a large role in being healthy and keeping a normal weight. Being active helps to prevent heart disease, weight gain (obesity) and lowers the risk of colon cancer and Type 2 Diabetes. Being active also builds stronger bones and muscles and lowers your risk for fractures. Being active reduces constipation, feelings of depression and anxiety and improves your health for later years. You should be active for 150 minutes (2 1/2 hours) a week. You do not have to do it all at once, but break it up into 10 or 20 minute workouts over the week. Try to have 3 workouts of 30 minutes per week of activities that raise your heart rate and breathing. Also, remember to include 2 workouts of 30 minutes of muscle building activities (involve legs, hips, back, chest, stomach, shoulders and arms). Always check with your health care provider before starting an activity program.

Just
a few
SIMPLE
CHANGES
will make
a healthier
YOU!

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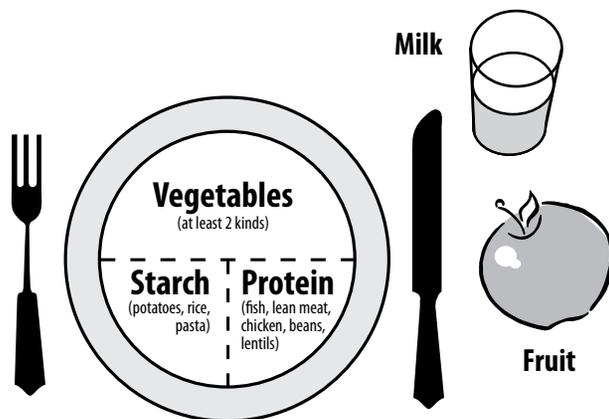
What Can 
You Do To
IMPROVE
Your
Health?



Here are a few **SIMPLE CHANGES** that will help

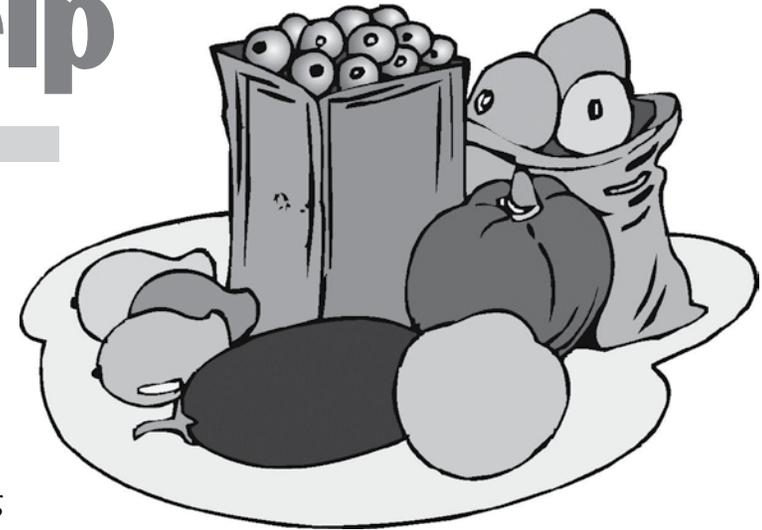
DIET

Eating healthy can help prevent chronic disease. This means picking foods from all 4 food groups from Canada's Food Guide. Try to pick vegetables, fruit, low fat milk, cheese, yogurt and lean meats, beans and fish. Eating healthy foods and having smaller amounts can help to stop weight gain. Look at the picture below to help you plan a meal. If you need help picking foods ask if a dietitian comes to your clinic.



SMOKING

Smoking harms nearly every organ in your body and lowers your overall health. Smoking causes cancer, heart disease, stroke and lung disease(s). Smoking during pregnancy can lead to early birth and can cause your baby to have a low birth weight. Smoking in pregnancy puts your baby at risk of SIDS (Sudden Infant Death Syndrome). When you stop smoking, your blood pressure and heart rate will begin to return to normal within a few hours. Other known health advantages are better blood flow, less coughing and mucous, and you can lower your cancer risk by up to 50%. Talk to your health care providers to help you stop smoking.



ALCOHOL

Drinking alcohol can hurt many body organs and it plays a large role in causing heart, brain and liver problems. Alcohol use can lead to injuries, car accidents, violence, and can destroy the family bond. Men should have no more than 2 drinks a day and women should have no more than 1 drink a day. You cannot drink your weekly limit all in one day. If you think you have a drinking problem please talk to your health care provider(s).