

## **County Health Encourages These Health Tips for 2017**

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Make 2017 your healthiest year yet! Find ways to boost your health and well-being, and be an inspiration! Learn how you can live a safer and healthier life:

- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Make an appointment for a check-up, or a well women/ man screening with your health care providers.
- Make sure you are up-to-date on your immunizations.
- Wash your hands often with soap and water to prevent the spread of infection and illness.
- Learn health tips that take 5 minutes or less.

### **Healthy You**

- Make healthy food choices. Grab a healthy snack such as an apple, banana, cheese & crackers, or almonds just to name a few health snacks.
- Be active to improve overall health. Try simple things such as taking the stairs instead of the elevator. Park further away from your destination. Consider walking inside if the weather is cold or icy. Be active for at least 2½ hours a week. You can always break down the timeframe of exercising by: example - walking for fifteen minutes ten times per week to get your 2 ½ hours in per week instead of all at once.
- Be smoke free. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources.
- Get enough sleep. Remember that sleep is a necessity, not a luxury.

### **Healthy Family**

- Learn how to be healthy before, during, and after pregnancy.
- Reduce auto-related injuries by using seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.
- Learn positive parenting tips to keep teens safe on the road.
- Lower the risk of foodborne illness as you prepare meals for your family.
- Gather and share family health history.
- Get pets vaccinated and keep pets healthy.