



## Keep yourself healthy this holiday

Knowing your family health history is the first step on the road to better health. Many things shape your health. Your genes and family health history are outside of your control but play a big role in determining your health. However, many other behaviors influence your health like what you eat, if you smoke, exercise, and even what you do for a living. To make healthy choices, you need to understand your current health, your risk for getting certain diseases, and your environment. Use these healthy strategies to help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.

**Eat healthy:** Choose fruits, vegetables, whole grains, lean meats, and low-fat dairy products to make healthy meals. Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

**Don't use tobacco products:** You can quit today! Call 1-800-QUIT-NOW for free support.

**Stay active:** Adults need at least 150 minutes of moderate-intensity aerobic activity, like brisk walking, every week. Plus, muscle-strengthening activities, like pushups, at least two days a week. Even if the weather is cooler, the sun can still damage your skin. UV rays, not the temperature, do the damage. When you're active outside, be sure to wear long-sleeved shirts and pants, a hat, and sunglasses, and use broad-spectrum sunscreen with at least SPF 15.

**Keep up with your health care:** Talk to your family and your doctor about your family health history. Even during COVID-19, it is important to visit your doctor regularly for preventive services like cancer and diabetes screenings. Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Stay diligent about washing your hands with soap and clean running water for 20 seconds and keeping hand sanitizer with you.

### Reference

<https://www.cdc.gov/chronicdisease/pdf/infographics/healthy-fall-H.pdf>

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