

Enjoy

Guidelines for Wellness

Making healthy lifestyle choices can help promote wellness and lead to a more enjoyable retirement. Here are some basic rules for good health.

Watch your diet. A healthy diet includes a variety of foods from all five major food groups — fruits, vegetables, meat/poultry/fish/dried beans, dairy products, and grains — and a limited amount of saturated fats.

Keep active. Your body needs exercise, but you don't necessarily have to buy special equipment or join a fitness center. Walking, riding a bicycle, jogging, swimming, even mowing the lawn are all forms of exercise. The government recommends 20 to 30 minutes of exercise most days of the week.

“Choosing healthy foods and exercising more can help with weight loss.”

Maintain a healthy weight. Being overweight can cause serious health problems. The key to maintaining a healthy weight is to balance the number of calories consumed each day with the number burned in daily activities. Choosing healthy foods and exercising more can help with weight loss.

Don't smoke. Smoking is a serious health risk. Quitting may be difficult, but there are medicines that can help. Counseling, talking with your doctor, and asking family, friends, and coworkers for support can help, too.

Limit your use of alcohol. Alcohol should be limited to one (for a woman) or two (for a man) drinks a day. Overuse can cause health and personal problems.

Screening for Problems

Early detection screening tests can save lives because diseases are generally easier to treat in the early stages. Age, sex, and other factors will determine which tests a doctor may recommend. Some of the more common tests are:

- Blood pressure
- Cholesterol
- Diabetes
- Colorectal cancer
- Prostate cancer
- Mammogram
- Pap test
- Osteoporosis



Preventive Measures

Certain diseases, including influenza, tetanus, pneumonia, and Hepatitis B, can be prevented through immunization. Keeping immunizations up-to-date will help provide protection against these

illnesses. Long-term drug therapies may be used to prevent or control certain health conditions. All medications should be taken exactly as prescribed by your physician.

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