

# THREE KEYS TO STAYING HEALTHY

Routine screenings and knowing your numbers can inspire positive lifestyle changes. You've heard "An ounce of prevention is worth a pound of cure," but what habits can you build to help prevent or manage chronic diseases?

1

## STAY ACTIVE

Physical activity is anything that gets your body moving.

### Benefits:

- Helps you maintain a healthy weight
- Reduces your blood pressure
- Lowers your cholesterol levels
- Boosts your mood
- Helps you focus
- Reduces stress
- Improves sleep

### How much do you need?

At least 150 minutes a week of moderate intensity activity  
Muscle strengthening activities at least two days a week

**Check with your healthcare provider before beginning an exercise program if you have a chronic health condition. Start slowly and build up to at least 30 minutes of a moderate activity, like brisk walking at least five days a week.**

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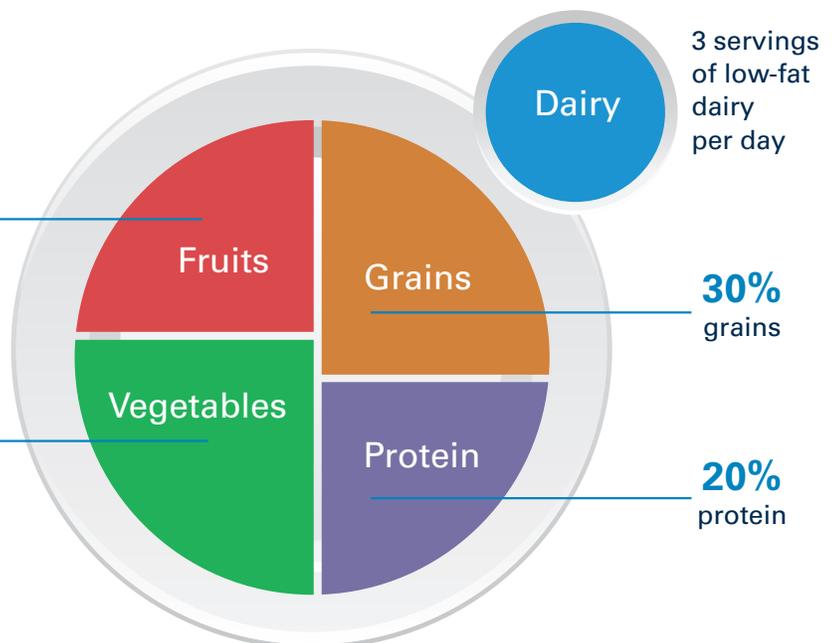
## EAT YOUR FRUITS AND VEGGIES

Focus on eating whole fruits and a variety of vegetables that provide vital nutrients essential to your health.

**HALF THE PLATE**

10%  
fruits

40%  
vegetables



3

## GET YOUR ZZZ'S

Restful sleep greatly contributes to your overall health and wellbeing.

### Benefits:

- Strengthens your immune system
- Helps you maintain a healthy weight
- Lowers risk of serious health problems like heart disease and diabetes
- Improves your cognitive function

### How much do you need?

Aim for at least seven to nine hours of uninterrupted sleep each night.

### Tips to sleep better:

- Go to sleep and wake up at the same time every day, even on weekends
- Keep your bedroom dark and cool, which is ideal for sleep
- Avoid large meals and caffeine before bedtime
- Keep electronics out of the bedroom
- Be physically active during the day

**If you consistently have difficulty falling or staying asleep, or if you snore or gasp for air, talk with your doctor to be evaluated for a sleep disorder.**

## DID YOU KNOW?

Losing as little as **5 percent of your body weight** and adding about **150 minutes of exercise per week** can cut your risk of developing diabetes by **58 percent<sup>1</sup>**.



## BE IN THE KNOW

- Looking for more fitness advice?
- Need some simple ways to eat better?
- Want to know how to get the sleep you deserve?

Visit our Online Health Center: [anthemfed.com/HealthCenter](https://anthemfed.com/HealthCenter).

You'll find helpful tips, expert advice, informative videos and more on these and plenty of other health and wellness topics.



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<sup>1</sup>[cdc.gov/diabetes/prevention/people-at-risk.html](https://www.cdc.gov/diabetes/prevention/people-at-risk.html)

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