

## **Looking Good - Feeling Good**

When you are well, you look and feel good. ***You*** have a big effect on your wellness by choosing good health practices.

- Good nutrition by eating a variety of low fat foods and at least 5 servings of fruits and vegetable every day
- Exercise 20-30 minutes at least 3 days a week. This can include any type of physical activity such as walking, gardening, or dancing
- Reduce stress
- Don't smoke
- Limit alcohol use. No more than 1-2 drinks daily
- Regular physician and dentist visits
- Adequate sleep and rest

## **To Stay Healthy**

- Have a doctor and dentist you like and trust
- Keep learning what to do for good health
- Be in control of your life
- Keep active
- Have close ties with family, friends and other people
- Eat a healthy diet
- Laugh and have fun
- Take care of your spiritual self