

## 9 Strategies for a Healthy Spring

Spring is right around the corner! Try the listed suggestions (or at least a few of them) to help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.

1. **Move more, sit less.** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
2. **Eat a healthy diet.** Make healthy food choices like fruits, vegetables, whole grains, lean meat, and low-fat dairy products. (Tip: Make half your plate fruits and vegetables and half your grains whole grains.)
3. **Rethink your drink.** Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
4. **Get enough sleep.** Adults need at least 7 hours of sleep at night. (Did you know that kids age 6-12 need 9-12 hours of sleep a night. Teens age 13-18 need 8-10 hours of sleep a night.)
5. **Quit smoking.** You can do it! Call 1-800-QUIT-NOW for free support.
6. **Be sun safe.** Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses with a broad-spectrum sunscreen with at least SPF 15. (Tip: Wear sunglasses that block both UVA and UVB rays for best protection.)
7. **Brush your teeth.** Brush twice a day with fluoride toothpaste.
8. **Get your checkups.** Visit your doctor regularly for preventative services like cancer and diabetes screenings.
9. **Learn your health history.** Talk to your family and your doctor about your family health history.

Learn more ways to stay healthy and prevent chronic disease at [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease).

Information from the CDC's National Center for Chronic Disease Prevention and Health Promotion.