

# 5 HEALTHY HABITS

## YOUR DOCTOR WANTS YOU TO DO TO LIVE A BETTER LIFESTYLE

From the Family Health Foundation of Illinois



### EXERCISE OR MOVE MORE

The American Heart Association recommends a starting goal of 150 minutes, or 2 ½ hours, of exercise a week. If you're a beginner, or don't want to track the numbers, just move more! Find a type of exercise you like and can stick with, and incorporate more movement into your daily routine.



### EAT REGULARLY & CONTROL PORTION SIZE

When and how much you eat are just as important as what you eat. Cut back on portions, eat your meals on a regular schedule, and avoid late-night snacking.



### DON'T SMOKE OR DO DRUGS, & ONLY DRINK IN MODERATION

If you don't smoke, drink, do drugs – don't start! If you smoke or do drugs, speak to your family doctor about quitting today. If you choose to drink, do so only in moderation (up to one drink a day for women and two drinks a day for men).



### GET ENOUGH GOOD SLEEP

Sleep keeps your body and mind healthy. Most adults need 7 to 8 hours of good quality, regularly scheduled sleep in order to feel rested when they wake up. If you have trouble sleeping, or still feel tired even though you're sleeping the recommended amount, talk to your family doctor.



### DON'T DRINK SUGAR CALORIES.

The CDC is asking you to "Rethink your drink." Avoid high-calorie, sugar sweetened beverages, and drink more water. If you want to make water more exciting, add a slice of fresh fruit or a splash of 100% juice for a tasty treat! If you do opt for a sugar-sweetened beverage, go for the smallest size available.

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