

## Strategies for a Healthy Spring

### A Warmer Weather Jump-Start

No matter how good your intentions, it can be difficult to stay healthy during winter. **Six in ten** Americans live with **at least one chronic disease** (like heart disease and stroke, cancer, or diabetes). However, **most chronic diseases can be prevented** with regular exercise, eating well and making healthy choices. With spring finally here, there is no better time to spring clean your health and jump-start warmer weather routines.

## SPRING CLEAN YOUR HEALTH

*Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these healthy habits for spring.*



### MOVE MORE, SIT LESS

Get at least 150 minutes of moderate-intensity physical activity every week.



### EAT HEALTHY FOODS

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



### DRINK MORE WATER

Choose water and other healthy, low-calorie beverages over sugary drinks.



### GET ENOUGH SLEEP

Getting enough sleep plays a vital role in overall health. Adults need at least 7 hours of sleep per night.



### QUIT SMOKING

Cigarette smoking can double your risk of stroke by damaging blood vessels or causing them to narrow and thicken.



### BE SUN SAFE

Apply sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside.



### TALK TO YOUR DOCTOR

Regular check-ups are important for preventive care, which can help you stay well and catch problems early, helping you live a longer, healthier life.

SOURCES: Centers for Disease Control and Prevention, Pennsylvania Department of Health, Everyday Health