

# HEALTHY SELF

**Have a Positive Attitude**

**Educate, Empower and Energize**

**Assess Your Health and Set an Action Plan**

**Love Yourself and Lead by Example**

**Take Charge**

**Have Realistic and Reachable Goals**

**Your Attitude Matters**

**Stay Motivated and Focused**

**Exercise Daily and Eat Healthy**

**Learn to Relax, Practice Daily Meditation**

**Find a Purpose**

# TIPS TO A LONGER AND HEALTHIER LIFE

1. Visit your doctor or health care provider at least once a year
2. Limit your exposure to toxins (be tobacco free)
3. Keep your heart healthy by exercising at least 30 minutes a day, 3 to 4 times a week
4. Keep your blood pressure, cholesterol levels and weight in check
5. Live free of drugs and alcohol
6. Be up to date on your immunizations
7. Get screened for cancer (Colonoscopy, Mammography and Pap Smears save lives)
8. Learn how to manage stress

