A Better Way to LIVE

Talk with your health care team about your goals.

Be Involved in Your Health Care
• Take an active role.
• Work with your health care team to improve your health.

Be Tobacco Free
• Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family members.
• Don’t use tobacco in any form.

Eat Wisely
• Eat a variety of foods including vegetables, fruits, and whole grains.
• Limit salt, fat, sugar, and alcohol.

Limit Alcohol
• If you choose to drink alcohol, drink in moderation (women no more than 1 drink a day; men no more than 2 drinks a day).
• Avoid “binge drinking.”

Be Physically Active
• Avoid inactivity.
• Aim for at least 2½ hours of moderate-intensity aerobic activity each week.

Strive for a Healthy Weight
• If you need to lose weight, losing even a little will help.
• If you are of normal weight, maintain it.

Get Recommended Screening Tests and Immunizations
• Recommendations for preventive services depend on your age, gender, health status, and family history.
• Ask which screening tests and immunizations are recommended for you.

Manage Stress
• Pay attention to stress.
• Learn about ways to help you manage and reduce your stress.

Be Safe
• Find out how to prevent sexually transmitted infections, falls, and motor vehicle crashes.
• Take action to protect yourself and those you love from harm.

www.prevention.va.gov

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