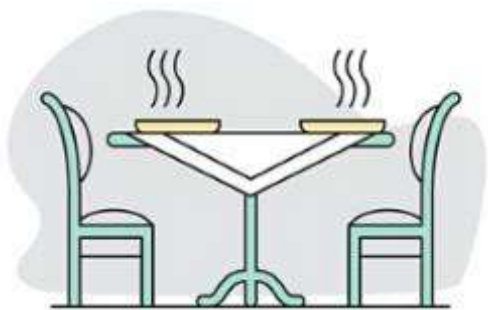


A Healthy Lifestyle: Care Instructions

A healthy lifestyle can help you feel good, have more energy, and stay at a weight that's healthy for you. You can share a healthy lifestyle with your friends and family. And you can do it on your own.



Eat meals with your friends or family. You could try cooking together.



Plan activities with other people. Go for a walk with a friend, try a free online fitness class, or join a sports league.



Eat a variety of healthy foods. These include fruits, vegetables, whole grains, low-fat dairy, and lean protein.



Choose healthy portions of food. You can use the Nutrition Facts label on food packages as a guide.



Eat more fruits and vegetables. You could add vegetables to sandwiches or add fruit to cereal.



Drink water when you are thirsty. Limit soda, juice, and sports drinks.



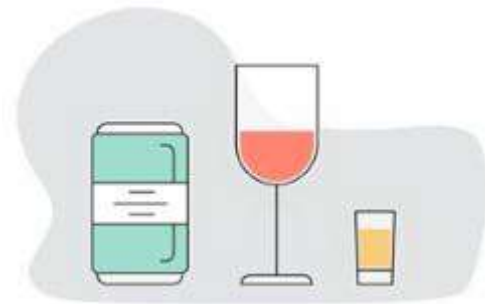
Try to exercise most days. Aim for at least 2½ hours of exercise each week.



Keep moving. Work in the garden or take your dog on a walk. Use the stairs instead of the elevator.



If you use tobacco or nicotine, try to quit. Ask your doctor about programs and medicines to help you quit.



Limit alcohol. Men should have no more than 2 drinks a day. Women should have no more than 1. For some people, no alcohol is the best choice.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Please go to www.healthwise.net/patiented and enter the 4-digit code shown below - or - if you have an OCHIN MyChart account for electronic access to your health record, please go to <https://mychart.ochin.org> and enter the 4-digit code shown below in the Health Library search box on your OCHIN MyChart welcome screen.

Enter **U807** in the search box to learn more about "**A Healthy Lifestyle: Care Instructions.**" Available in English only.

Current as of: August 6, 2023

Content Version: 13.9

© 2006-2023 Healthwise, Incorporated.

Care instructions adapted under license by OCHIN, Inc. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.