Move. 30 minutes of exercise, 3 times a week is enough to keep your body in good shape! If you work in an office, get up every 30 minutes and go for a walk. If you have an office with stairs, run up and down the stairs every couple of hours.

Drink water. For your kidneys and liver to work properly, you need to drink at least 1 to 1.5 liters of water every day. People who do not drink enough water leave themselves at risk for several diseases including cancer, liver stones, and obesity.

Avoid sunburn. Wear sunblock whenever you go outside. It’s proven that sunburns are directly connected to skin cancer. Do not underestimate this.

Get enough sleep. Sufficient sleep can be one of the best things for you. Most adults require eight hours of sleep. Some people need more. It is very rare to find someone who can remain healthy on less than seven hours of sleep.

Cultivate friendships. It has been proven that people who have meaningful friendships live longer.

Play with your children. Play improves health and develops the skills and abilities children need for learning and school success.

Eat together. Sharing meals promotes closeness and togetherness.

Buckle up, wear a helmet, and apply sunscreen. Children learn from what you do, not just from what you say.

Make healthy changes to your daily routine and your partner is likely to follow. When one partner quits smoking or begins to exercise, it increases the likelihood of a similar change in the other.

Recognize the symptoms of depression early. Talking with someone about such experiences promotes health and is not a sign of weakness.

Prevent mood disorders and lower stress through pleasurable activity. Exercise, hobbies, volunteerism, and participation in religious or other community activities that offer social support and common purpose are a few examples.

Exercise to improve your mood. Research has shown that regular exercise is as effective as medication in treating depression in people with mild to moderate depression.

Protect your hearing. Turn down the volume and avoid excessive noise. When you are around noise, always wear earplugs.

Wear protective gloves when applying pesticides and herbicides. These chemicals are known to cause human health hazards such as liver, kidney, and brain diseases.
Call an audiologist if you experience ringing in your ears, muffled hearing, dizziness, or trouble hearing. It is important to have your hearing evaluated by a professional audiologist.

Keep your voice strong by drinking plenty of water. Drinking water will help you avoid clearing your throat and will also help to thin the 1 ½ quarts of mucus you produce each day.

Use your brain. There is no effective treatment for Alzheimer’s disease. Prevention is the key. Participating in group discussions or a book club, solving puzzles, and playing chess are a few good examples of ways to help your brain stay healthy.

Order the lunch portion. Many restaurants that offer smaller entrée portions for lunch will allow you to order lunch portions for dinner. Ordering lunch portions is a good way to enjoy the food you love without consuming excess calories.

Cool it. The next time you bring home food from a restaurant, remember to open the container before putting it in the refrigerator. Take-home containers that are designed to control temperature do not maintain safe food temperatures if the food temperature was already 41–135 degrees Fahrenheit. Food held in a closed container can take hours to cool, increasing the risk of foodborne illness. Close the container once the food has cooled to prevent cross contamination.

Go halves. Make half the food on your plate fruits and vegetables.

Practice good nutrition. Visit MyPlate.gov for helpful information on creating a healthy diet for you and your family.

Wash up. Hand washing is the first and best line of defense in preventing the spread of disease.

Immunize. An ounce of prevention is worth a pound of cure. Even adults need immunizations. Find out who needs what immunization and when at the CDC.gov website.

Keep a record. Information about your family’s medical history, as well as your personal health history (surgeries, illnesses, medications, etc.), is especially important when you travel or meet with a health care provider. Search the internet for free, online personal health record applications and start recording your history today!

Don’t be spontaneous. Consumer debt is at a record high while the savings rate is at a 25-year low. Financial stress is linked to health problems like depression and insomnia. Track your daily expenses and avoid impulse spending. Create a budget and stick to it.

Cover up. Hats are a good way to protect your head, ears, face, and neck from the sun’s powerful ultra violet (UV) rays. The apparel industry has developed sun protective clothing and accessories that incorporate SPF (sun protection factor) UV protection. When worn properly, these products can reduce the risk of developing skin cancer.

Visit the Purdue Extension Health and Human Sciences website. Check out www.purdue.edu/hhs/extension for information about the many Healthy Living programs available at no cost to you through your Indiana county extension agent.