



SMALL CHANGES FOR BETTER HEALTH

Even changing 1 or 2 of your current health behaviors can have a positive impact on your health & quality of life

Try out some of the suggestions below:

Eliminate things you know are bad for you

- ⇒ Replace soda with tea—making refrigerator tea is as easy as steeping several tea bags in a large jar of water in your fridge for 8 to 10 hours
- ⇒ Quit using tobacco products—call Montana Tobacco Quit Line toll-free at **1 (800) 784-8669**
- ⇒ If you're going to drink, do so responsibly & moderately—alcohol is toxic to your liver

Assess your diet for changes that will improve your health

- ⇒ Cut back on sugar & eliminate artificial sweeteners
- ⇒ Swap out highly processed foods full of artificial ingredients, trans fats, sugar & salt (*like processed meats & cheeses, cookies, pastries & cakes, candy, sugary drinks, potato chips & fast food*) for less-processed & fresh foods (eat those fruits & veggies, folks)
- ⇒ Start using portion control (dump your 11" dinner plates for 9" salad plates)—for an excellent all-about-food guide check out the array of information at **www.choosemyplate.gov**
- ⇒ Meatless Mondays can not only contribute to your health, they can lower your food costs
- ⇒ Buy local fresh food when you can—think farmers markets—or grow your own (get the children in your life involved in producing their own food)
- ⇒ Help manage your weight by eating more mindfully



Get moving

- ⇒ Find an exercise you enjoy & incorporate it regularly into your daily routine—walk or bike your neighborhood, take local walking tours or hike the trails in your area, work out with DVDs or online videos or classes, go swimming—the key is to just move more
- ⇒ Try other ways of working out: dance, take the stairs, park farther from the store, garden or do yardwork, play on the playground, or clean your house
- ⇒ In addition to aerobic exercise, incorporate stretching (keeps your posture, flexibility, & range of motion tuned up) & resistance training (stretch bands, free weights, or machines)
- ⇒ Bonus: regular exercise can also help you manage your weight

Decrease screen time

- ⇒ That means reducing TV viewing, cruising the internet, video & phone games, time on your phone in general, & social media—interact with the real people in your life instead
- ⇒ Curtail electronics at least 1 hour before bedtime—blue light screens interfere with your sleep

Utilize the health professionals in your life

- ⇒ Make & keep appointments with your healthcare professionals: see your primary care provider (PCP) for an annual wellness exam, see your dentist regularly, & any other specialists you might need such as a dermatologist or allergist
- ⇒ Address health problems as they arise—get your vision & hearing checked, & talk with your PCP about mobility issues that might improve by working with a physical therapist
- ⇒ Don't forget to attend to your mental health—talk with your PCP about any of your concerns

