

# health <sup>is</sup> ACTION<sup>®</sup>



*Women often lose track of their own health in the midst of the hustle and bustle of caring for their families, their friends, and even their jobs. It's easy to use the excuses that we're too tired, too busy or too stressed to begin making changes today. We are immersed in a culture of fast food and quick fixes, but there is nothing more powerful than the sense of accomplishment you feel when you take simple steps to improve your lifestyle. Make simple, daily changes and begin to see the positive impact on your health.*



Spirit of Women's *Health is Action* campaign joins the U.S. Department of Health and Human Services' Office on Women's Health in celebrating National Women's Health Week. We encourage you to honor, celebrate and rejoice in making your health a top priority.

Your Spirit of Women hospital is focused on embracing, educating and improving women's health to prevent disease through *Health is Action*®. Partner with your Spirit of Women provider for more information and begin taking action for your health.

**Take control of your own health for a longer, healthier, and happier life by:**

- 1. Eating nutritiously**
- 2. Moving more**
- 3. Getting regular checkups and preventive screenings**
- 4. Avoiding smoking and risky behaviors**
- 5. Getting adequate sleep**

***Health is Action***®

**Integrate these easy tips into your everyday routine:**

- *Choose a well balanced diet.* MyPyramid.gov provides you with the daily number of calories you need specific to your age, gender, sex, height and weight.
- *Don't give up on comfort foods!* Find healthy alternatives that let you indulge in the things you love without having the guilt that usually follows.
- *Move your body!* It is recommended that we get at least 30 minutes of moderate physical activity daily. Get creative and have family and friends join in on the action. Remember to keep it fun and playful!
- *Substitute caffeine, or sugary drinks with water.* Eight glasses of water a day is recommended to keep you hydrated and full of energy.
- *Get adequate sleep each night and try to go to bed and awaken at the same time each day.*
- *Select entertainment and eating establishments that are smoke-free.* Ask your friends not to smoke in your home or when they are with you.
- *Make every year your best year yet.* Use your birthday as a reminder to schedule your annual visit to your healthcare provider. Make sure to discuss all of the screenings that are right for you and don't leave from your appointment until you've put them on your calendar.

