

The Importance of Prevention



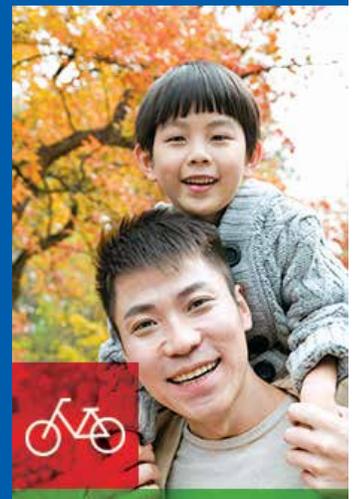
It's important to be proactive about taking care of our health, and the sooner we start the better. Follow these general tips:

- 1. Diet and Exercise.** A good foundation is eating a balanced diet low in salt, fat, and added sugars, and featuring fresh fruits and vegetables, whole grains, and lean protein. Combining that with about 150 minutes of exercise a week is one of the most important and effective things you can do for your overall health.
- 2. Know Your Numbers.** Getting your blood pressure, blood sugar, cholesterol and body weight checked regularly can help lower your chances of developing a serious condition.
- 3. Get Recommended Cancer Screenings.** A mammogram or colonoscopy, for example, can detect early signs of cancer, potentially saving your life.
- 4. Pay Attention to Symptoms.** Let your doctor know if you notice any new changes in your body, for example skin problems or lumps, changes in stool and urine color, or abnormal thirst or hunger.
- 5. Stay Mentally Healthy.** Addressing stress or other emotional issues can help maintain both mental and physical health.

Fall into Fitness with Your Family

Staying physically active is key to overall health and wellness, and with the seasons changing, you may be interested in new ways to keep your family exercising. But being active doesn't necessarily have to feel like exercise—there are lots of ways to make it fun! Try any of the following ideas:

- **Walking** – This is by far one of the most universal exercises that nearly anyone can enjoy. It is a good weekday activity as you can always find a few minutes to take a quick walk!
- **Bike rides** – With proper equipment like helmets and awareness of traffic patterns, bike rides can be a safe and family-friendly activity. Take quick rides after dinner or plan for a longer ride on the weekend.
- **Visit a park** – Parks are a nice place to enjoy a bike ride or walk. Exploring nature trails and paths while enjoying the outdoors can be beneficial to both physical and mental health.
- **Play physical games** – Whether you're in your own backyard or at a park, playground, or local field, the opportunities for physical activities are almost endless. Games like tag, jump rope, basketball, soccer, softball, volleyball, and many more are great ways to get your kids (and you!) moving.



Breast Health Tips



Breast cancer can strike anyone, both women and men of any age—regardless of a family history of the disease. It's important for you and your loved ones to visit your doctor and follow the measures below to keep healthy—it can even save a life!

Know the Risks. Your doctor can help determine your personal risks. Be sure to let your physician know if a family member has been diagnosed with breast cancer.

Be Alert to Changes. Tell your doctor about any changes you may see or feel—including a lump, pain, discoloration, or anything else that concerns you.

Get Screened. Ask your doctor about getting a mammogram—which helps detect cancer in its earliest, most treatable stage.

Adopt Healthy Lifestyle Changes. There are no sure ways to prevent breast cancer. However, making certain lifestyle changes may reduce your risk. Get regular exercise, maintain a healthy weight, avoid or limit alcohol, and stop smoking.

If you have questions or concerns, don't hesitate to speak with your doctor.

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