

Living well is more than not getting sick. While exercising and nutrition are important to living a healthy life, there are many more factors that affect your well-being. The good thing is that you can control many of these factors.

It's easy to live a healthier life. The **American Multicultural Health Guide™** will help you get started.

- Stay active, make smart eating choices, and manage your stress
- Prevent chronic conditions like heart disease, cancer, and diabetes.
- Keep track of your immunizations, medical visits, and preventive screenings.
- Be a smart health care consumer. Know what questions to ask and where to find resources to help you stay informed.



Once you are aware of the factors that influence your health, you can start to improve them. It's not always easy, but it's important to make time to take care of yourself.

This guide will show you how you can feel good and live well!

The information presented here is meant to be a guide. Discuss any questions about health care needs with your health care provider. We cannot accept responsibility for any problems that may develop from following these guidelines.

Stay Healthy

EAT BETTER

Eating a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need is the starting point for good health.

Choose foods with plenty of whole (unprocessed) grain. Whole grain bread, cereal, oatmeal, and brown rice are all good sources. Eat five or more servings of vegetables and fruits each day to help prevent stroke, heart disease, diabetes, and intestinal problems. Getting enough fiber is part of healthy eating. How will you know which food has fiber? Reading food labels will tell you a lot!

Healthy fats in small amounts can be found in olive, canola, corn, and sunflower oils. Avoid trans fat. Cholesterol, a substance your body produces, is also in the foods you eat. Choose food low in saturated fat and cholesterol to reduce your risk of heart disease and certain cancers.



Nuts, dry beans, lean meats, and poultry are healthy sources of protein. Fish is also a good choice.

Eating enough calcium and being active are the best ways to keep bones strong. Try fat free or 1% milk, yogurt, cheese, green leafy vegetables, and fortified juices and cereals. Vitamin D is needed along with calcium.

Choose and prepare foods with less salt to help reduce the risk of high blood pressure. Try to eat less than 2,300 mg of salt per day.

Limit sugared soda or juice and sweets. If you drink alcohol, do so in moderation.

The best source for vitamins and minerals is a variety of foods. If you cannot get what you need from food, you may need supplements. Some vitamins can do harm if you take too much or do not take them correctly. As a general rule, do not take more than the Recommended Dietary Allowance (RDA).

Your weight is based on a simple principle.

$$\text{Your Weight} = \text{Calories You Eat (Diet)} - \text{Calories You Use (Activity)}$$

MANAGE YOUR WEIGHT & PREVENT OBESITY

Obesity is too much body fat and it affects more than your appearance. As our waistlines grow, so do our risks for developing heart disease, stroke, some cancers, and diabetes. Obesity can also worsen arthritis and depression.

Consider these tips for a healthy weight plan:

- ✓ Avoid fad diets and diet pills. They have side effects and do not work for long-term weight loss.
- ✓ Aim to lose 1/2 to 1 pound a week. Losing weight and keeping it off takes a long-term effort.
- ✓ Note social, emotional, or stressful situations that cause you to overeat. Then find better ways to cope.
- ✓ Plan meals and snacks. Snack on fruits and veggies, nature's convenience foods!
- ✓ Limit how much goes on your plate.
- ✓ Watch out for restaurant servings that can be very large.
- ✓ Check food labels for how many calories are in the actual serving size!

Good nutrition and exercise are partners, working together for prevention and good health.

KEEP MOVING

Try to get into the habit of exercising 30–60 minutes every day. Any form of physical activity can be good for you. Consider making small changes, such as using the stairs instead of an elevator. Choose activities that are easy to do and fun, then find ways to fit them into your everyday life.

Regular Exercise

- Helps protect you from heart disease, high blood pressure, high cholesterol, and some forms of cancer.
- Reduces the risk of developing diabetes.
- Helps you control your weight.
- Strengthens muscles and bones.
- Helps improve symptoms of depression or anxiety and boosts your mood.
- Relieves stress.
- Helps keep your joints flexible.

Safe Exercise

- If you plan to exercise more than you are used to, review your activity with your health care provider.
- Start slowly and work up to 60 minutes of physical activity over the course of each day.
- Protect yourself from injury.

Physical Activity

But what do we mean by exercise? It doesn't mean you have to become a runner or go to a gym every day. It can mean as little as a daily walk. A total of 60 minutes of activity every day can really improve your health. Consider these activities:

- ✓ Walking
- ✓ Yard work
- ✓ Jogging
- ✓ Swimming
- ✓ Cycling
- ✓ Aerobics
- ✓ Dancing
- ✓ Weight training

