



INVEST IN YOUR HEALTH

Investing in your health can deliver big returns in the future, such as living a longer, happier life. There's no time like today to get started!

INVEST IN	WAYS TO INVEST	YOUR RETURNS
Regular exercise	• Brisk walking • Yoga • Weight lifting • Water aerobics • Biking • Dancing • Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity a week. Include muscle-strength training at least twice a week¹ • Generally, try to get 30 minutes of exercise per day²	• Can help lower risk for eight types of cancer, heart disease, stroke, high blood pressure, high cholesterol and type 2 diabetes¹ • Helps maintain weight and improve bone health¹ • Can improve your sleep and quality of life¹ • Can help reduce the risk of dementia (including Alzheimer's disease) and depression¹ • May help reduce feelings of anxiety and depressed mood¹
Healthy eating	• Fruits and a variety of vegetables • Whole grains • Fat-free or low-fat dairy products • A variety of protein: Seafood, lean meats and poultry, eggs, beans, nuts, seeds and soy products • Healthy fats such as olive oil • Foods and beverages low in saturated fat, sodium and added sugars • Smaller portion sizes	• May help reduce your risk of diseases such as heart disease, type 2 diabetes and cancer³ • Can help you avoid becoming overweight and obese³ • With less sodium, you can help reduce your risk of high blood pressure³

Together, all the way.®



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Health and cancer screenings	• Health screenings: Blood pressure, cholesterol, depression, diabetes, dental, etc. • Cancer screenings: – Colon – Skin cancer • Cancer screenings for women: – Mammogram – Pap test for cervical cancer • Cancer screening for men (if recommended by your doctor): – Prostate cancer • Yearly well-visit with your primary care doctor	• Can help prevent or find colon, breast, cervical, skin and prostate cancers • May help catch and treat other health problems • Early detection could save your life
Memory and mental health	• Get regular physical activity • Stay connected to family and friends • Stay mentally active – do crossword puzzles, take on a new work assignment, sign up for classes to learn new skills, etc. • Get a good night's sleep • Lower your stress • Eat a healthy diet and limit alcohol if you drink	• May help with memory loss as you age⁴ • Can help reduce feelings of depressed mood and anxiety¹ • Helps keep your mind sharp⁴ • Can help you prevent stress and depression⁴



1. U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans, 2nd edition, 2018." https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf (accessed February 15, 2019).
2. Mayo Foundation for Medical Education and Research. "Walking: Trim your waistline, improve your health." <http://www.mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20046261?pg=2> (December 14, 2018).
3. U.S. Department of Agriculture. "Start Simple with MyPlate?" <https://www.choosemyplate.gov/MyPlate> (December 14, 2018).
4. Mayo Foundation for Education and Research. "Memory loss: 7 tips to improve your memory." <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518> (January 16, 2019).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

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