For Women:

Top Ways to Stay Healthy

Even simple changes can help you get fit, ward off disease and live a healthier life.

Here is what leading organizations suggest:

• **Walk briskly for 30 minutes most days of the week.** Aerobic exercise that gets your heart pumping can reduce risk of heart disease. Walking briskly even three hours per week can decrease the risk of heart attack by a third or more. *(Harvard Medical School)*

• **Perform breast self-exams.** Beginning in their 20s, women should perform self-examinations regularly and get clinical exams at least every three years. *(American Cancer Society)*

• **Know the signs of a heart attack.** In addition to crushing chest pain, women can have more subtle symptoms. A squeezing sensation, shortness of breath, pain in the jaw and back pain are red flags that should prompt an immediate visit to the doctor or ER. *(American Heart Association)*

• **Get preventive screenings.** Key tests include: annual Pap tests for cervical cancer beginning at age 21, mammograms every year beginning at age 40 and a baseline bone density screening at age 65, if not before. *(U.S. Department of Health and Human Services Agency for Healthcare Research and Quality)*

• **Keep depression at bay.** Women are twice as likely to have depression than men, and symptoms include increased appetite, weight gain, anxiety and body pain. *(American Psychological Association)*

• **Exercise for sturdier bones.** Brisk walking and other pavement-pounding exercise, as well as strength training, can help the uptake of bone-building calcium. Vitamin D-rich foods such as dairy products help boost calcium absorption. *(National Institutes of Health)*

• **Limit alcohol intake.** Drinking more than one drink a day can increase your risk of certain diseases, such as breast cancer. *(Centers for Disease Control and Prevention)*

• **Keep your waistline under 35 inches.** A slimmer waistline can help decrease your risk of heart disease. *(Johns Hopkins University School of Medicine’s Heart and Vascular Institute)*

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866.695.8622

Email: answers@HealthAdvocate.com
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