



Improve Your Life

Look at the 12 Healthy Habits from webMD.com listed below. Focus on one habit a day. List ways you can make that habit a part of your lifestyle.

Eat Breakfast Every Morning

People who eat breakfast take in more vitamins and minerals and less fat and cholesterol. They are also less likely to overeat, be obese or get diabetes.

Add Fish and Omega-3 Fatty Acids to Your Diet

Fish has omega-3 fatty acids and is a good source of protein. Eat fish at least 2 times per week.

Get Enough Sleep

Adults need 7 – 10 hours of sleep each night.

Make Friends

Volunteer. Go to church. Join a club. Do something with people. Support makes you happier and healthier.

Exercise for Better Health

Everyone knows that your muscles and joints benefit from exercise – *just do it!*

Take Care of Your Teeth

Oral health is connected to overall health. Just flossing your teeth every day adds 6.4 years to your life.

Protect Your Skin

Avoid sun between 10 a.m. and 3 p.m. Wear sunscreen with SPF 15 or higher. Wear a hat. Do not sunbathe.

Drink Tea

Decaffeinated tea without sugar is refreshing. It may also help your body fight disease.

Drink Water and Eat Dairy

Drink 6 to 8 glasses of water a day and 3 glasses of low-fat or fat-free milk.

Eat Healthy Snacks

Eat fruit, vegetables, low-fat yogurt and nuts between meals when you are hungry.

Take a Daily Walk

Make walking/moving a part of your everyday routine. Walk while watching your child in sports. Take the stairs. Walk with a friend instead of meeting for a meal. Park your car away from the store.

Plan

Planning ahead takes the stress out of busy routines: meals, family outings, babysitting, work, illness, school.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.