



Maintain a Healthy Weight

One of the most important things you can do for your health is stay at a healthy weight. It will improve your health now and for the rest of your life.

- Balance the calories you eat with the calories you use during activities.
- Over time, it is wise to eat a little less and move more. This will help prevent gradual weight gain as you grow older.
- Avoid pills or supplements that promise to take off extra pounds.



If You Have a Chronic Disease...

- Follow your health care providers' advice. Take all your medications. Keep medicines in a place you can see to help you remember to take them on schedule.
- Remember you are in control. Prevent problems and complications by taking charge and getting help when you need it.

Chronic disease is a serious problem in Missouri. It can greatly reduce your quality of life and lead to premature death. But chronic diseases can be prevented and managed.

What you do today can affect your life tomorrow. Fight chronic disease by taking simple steps to prevent and manage symptoms, one day at a time.

Live Like Your Life Depends On It!



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6 Ways to Prevent & Control Chronic Disease

Is anything as sweet as time spent with the people you love? The right choices can add years of great times to your life. So put down the remote and **Live Like Your Life Depends On It.**

Take some simple steps today to reduce your risk for chronic disease and cut your health care costs. You'll feel better, live longer and spend less money on medical bills and medicine.



Eat Smart

It's important that you eat a balanced, varied diet to maintain your energy and health! You can make tasty, low-cost foods quickly and easily at home:

- Eat more fruits, vegetables and fiber-rich foods. Drink low-fat or nonfat milk and choose low-fat cheese.
- Select lean meats and poultry and vary protein choices by eating more fish, beans, peas, nuts and seeds.
- Eat foods low in saturated fats, trans fats and cholesterol, salt (sodium) and added sugars. Most fats should be polyunsaturated or monounsaturated such as those in fish, nuts and vegetable oils.
- Cut down on portion sizes, skip seconds, stop eating when you are full.



Move More

- Be active at least 30 minutes most days of the week. Even 10 minutes at a time will improve your health.
- Start off slowly and choose a physical activity that you enjoy and can be done throughout the week.
- Build physical activity into daily activities. Take a brisk walk at lunchtime. Take the stairs instead of the elevator. Park farther away from the office or the grocery store.
- Take time for strength-building activities 2-3 times per week. Regular stretching will improve your flexibility, strength and endurance.
- Ask your spouse, friends or family to join you.



Be Tobacco Free

- If you use tobacco, take steps to quit. Smoking is the leading cause of lung cancer and a leading cause of heart disease.
- Avoid secondhand smoke. It causes breathing problems and can lead to asthma or bronchitis attacks. It can cause heart attacks.

When you stop smoking you'll breathe easier. You'll have more energy right away. You'll cut your risk for chronic diseases. To help you quit:

- Set a quit date. Tell family, friends and co-workers. Get their support.
- Talk to your doctor about medicines that can help you quit.
- Make small changes like removing ashtrays from your car so that you're not tempted to smoke.
- Call 800-QUIT-NOW for free coaching.



Get Recommended Health Screenings

Visit your doctor at least once a year and ask about health screenings. Early detection can help you treat and manage a chronic disease before it gets out of control. Here are some tips for effective visits:

- Ask questions, get more information and give your health history. Tell your doctor about any medicines or supplements you are taking. Be sure to mention other doctors you visit.
- Recommended screenings include: blood pressure, cholesterol, colorectal cancer, breast cancer (mammogram and self-exam), diabetes, cervical cancer (Pap smear) and depression.
- Once you understand your test results and any treatment needed, follow your doctor's orders. Make sure you go to your follow-up appointments.