



Help at Home[®]
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9 Simple Tips to Stay Healthy



Don't Skip Check-Ups

Be sure to go to your annual checkups with your primary care provider



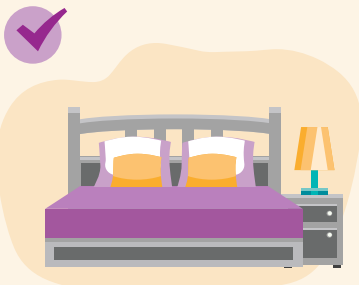
Avoid Bad Habits

Limit foods and beverages high in sugar and fat



Be Good to Yourself

Get enough sleep, stay active, socialize with family and friends



Get a Good Nights Sleep

6-8 hours each night



Get Moving

Be physically active



Follow a Balanced Diet

Eat a variety of fresh veggies



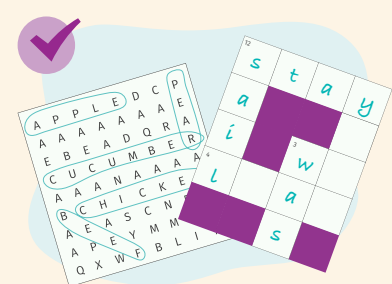
Get Regular Eye and Dental Care

Routine care to maintain your health



Wash Your Hands

After using the bathroom and before you eat



Stay Mentally Active

Work a puzzle or play a game