

Army *Safety* Gram

Leading on the Edge for Safety Excellence

07-17

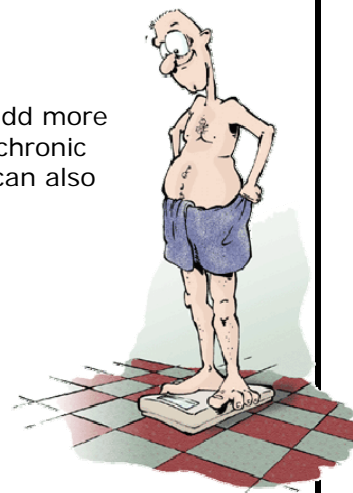
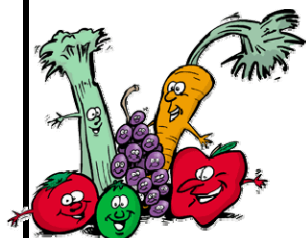
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Make Time for Wellness

Making time for wellness won't necessarily add more years to your life, but it could add more life to your years. Taking good care of yourself can help you avoid or at least delay chronic illnesses such as heart disease, cancer, diabetes and others. Good health practices can also boost your energy so you get more enjoyment out of life.

These are some basics of a healthy lifestyle:

- ◆ Exercise briskly for at least 20 minutes three or more times a week.
- ◆ Drink plenty of water.
- ◆ Build your diet around a variety of fruits, vegetables, and whole grains.
- ◆ Eat lightly.
- ◆ Limit your consumption of fats, sugar, salt and chemical additives.
- ◆ Maintain a healthy weight for your height.
- ◆ Have your blood pressure checked regularly, and learn to manage any blood pressure problems.
- ◆ Avoid excessive exposure to the sun. Cover up and use a sunscreen.
- ◆ Choose to take responsibility for your own lifestyle and be willing to accept the consequences - both negative and positive.
- ◆ Get enough sleep.
- ◆ Practice keeping things in perspective. Try to look at the big picture when you get bogged down with small details.
- ◆ Learn to handle stress so it does not cause physical illnesses.
- ◆ Spend some time thinking about what makes life meaningful for you. Are you doing the things you want to be doing? If not, what is holding you back?
- ◆ Don't smoke.
- ◆ Drink moderately if at all.
- ◆ Do not take drugs except those prescribed by your doctor, and ask your pharmacist about precautions with the drugs you do take.
- ◆ Have the periodic tests and exams for major illnesses as recommended by your doctor for your age group and your sex. Also do the recommended self-exams for early detection of diseases such as skin cancer, breast cancer or testicular cancer.
- ◆ Learn positive ways of dealing with conflict and change.
- ◆ Develop a wellness mindset which includes critical thinking skills. Don't believe everything you read or be gullible to products or gimmicks that have not been proven effective. Learn how to separate fact from fiction when it comes to wellness information.



Good health is important. Practice wellness for a full and richer life.