



HEALTHY LIVING

Taking good care of your body is important to your success in college. When you make healthy lifestyle choices, you will have more energy for your daily activities and miss fewer classes due to illness. Choosing a healthy lifestyle involves:

- ✓ Maintaining a healthy weight.
- ✓ Eating right.
- ✓ Being physically active.
- ✓ Quitting smoking.
- ✓ Seeing your health care provider for preventative care.

Watching Your Weight

Being overweight increases your risk for heart disease, diabetes, and high blood pressure. Your doctor can tell you what you should weigh for your height.

To stay at a healthy weight, you need to balance the number of calories you eat with the number you burn through physical activity. You can get to your healthy weight and stay there by doing two things: eating right and being physically active.

Eating Right

Eating the right foods and the right amounts can help you live a longer, healthier life. Many illnesses and conditions—such as heart disease, obesity, high blood pressure, and diabetes—can be prevented or controlled by eating right. A healthy diet also provides the vitamins and minerals you need.

It is never too late to start eating right. The box at the right lists the types of food which make up a healthy diet. Remember that portion size is also important. Even when choosing healthy foods, you do not need oversized or super-sized portions.

Keeping Active

All kinds of physical activity will help you stay healthy, whether it is moderate or vigorous. It's a good idea to aim for at least moderate activity — such as brisk walking, raking leaves, house cleaning, or playing with children — for 20 to 30 minutes most days of the week. Generally, the more active you are, the healthier you will become. If you have

A healthy diet includes the following variety of foods:

- Vegetables, especially dark-green leafy and deep-yellow vegetables, such as spinach or carrots.
- Fruits, such as melons, berries, and citrus fruits, or juices, such as orange or grapefruit.
- Meat, poultry, eggs, fish, and dried beans (for example, navy, kidney, or black), especially products low in fat, such as lean meat and poultry prepared without skin.
- Dairy products, such as milk, yogurt, and cheese, especially low-fat or fat-free dairy products.
- Grains, especially whole grains, and legumes, such as lima beans or green peas.

And limits the following foods which are high in saturated fat and calories:

- High-fat dairy products such as ice cream, butter, cheese, cream, and whole milk.
- Meats high in fat.
- Palm and coconut oils and lard.

not been active, start slowly. Choose something that fits into your daily life. Asking a friend to exercise with you or joining a group can help you stick with your new activity.

Smoking

More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart and lung disease, stroke, and problems with pregnancy.

Quitting is hard. Most people try several times before they quit for good. When you are getting ready to quit, make a plan and set a quit date. Tell your doctor that you want to quit smoking, and get medicine to help you quit. Tell your family, friends, and people you work with that you are going to quit. Ask for their support. Try to keep yourself away from all cigarettes after you've quit. If you slip and have a cigarette, don't give up. Set a new date to get back on track and stick to it.

Preventative Health Care

Many diseases and conditions can be prevented or controlled if they are caught early. **High blood pressure, high cholesterol, and diabetes** are the causes of many health problems. Being active and eating a healthy diet can lower your risks for each of these conditions.

Prevention and early detection are essential to treating many types of **cancer**, including cancer of the breast, colon, cervix, and prostate. Your doctor can determine appropriate tests based on your age, family history, and other risk factors.

Making smart choices about your sexual and reproductive health means getting tested for **sexually transmitted diseases** if you are sexually active and using **birth control** if you are not ready to have a child.

To maintain good mental health, seek help if you think you may be suffering from **depression**. Depression is a medical illness that can be treated. Symptoms include feeling sad, hopeless, or guilty most of the time, feeling tired, having thoughts of suicide or death, sleeping too much or too little, and losing interest in daily activities. The sooner you get treatment for depression, the sooner you will begin to feel better. The longer you wait, the harder depression is to treat.

The content of this publication was adapted from *The Pocket Guide to Good Health for Adults*, a publication of the Agency for Healthcare Research and Quality (AHRQ), part of the U.S. Department of Health and Human Services.

Additional recommendations, information, and success strategies can be found online at HealthierUS.Gov.