

# Staying Healthy

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Topic 9

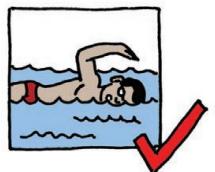
# Staying Healthy Between Doctor Visits

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It is important to make healthy choices between doctor visits to help maintain your health, especially if you have chronic health conditions such as Type 2 diabetes.

## What are some ways you can stay healthy?

- Eating healthy meals and snacks
- Eating less unhealthy foods
- Drinking around 8 cups of water a day
- Being physically active for 30-60 minutes per day
- Getting at least 7 hours of sleep per day
- Taking time to do activities that you enjoy
- Practicing good hygiene and safe behaviors



**What are healthy food options you should eat daily?**

# Healthy Eating

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## Examples of healthy foods:

- Vegetables: broccoli, spinach, carrots
- Fruits: apples, berries, bananas, oranges
- Whole Grains: quinoa, brown rice, whole wheat bread
- Low-fat Dairy: milk, yogurt, cheese
- Protein: lean meat and poultry, fish, nuts, beans
- Healthy Oils and Fats: avocados, olive oil, nuts
- WATER!! between 8 -13 cups per day



# **What kinds of foods should you limit?**

# Foods to Limit

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**Foods that you should limit include:**

- **Sweets**: candy, cookies, cakes
- **Fatty Foods**: french-fries, fried food, pizza
- **Salty Foods**: chips, frozen meals, canned foods
- **Soda and Sugary Drinks**: Gatorade, energy drinks, soda



**What physical activities do you like to do?**

# Physical Activity

## Examples of physical activities:

- Lifting weights
- Walking/jogging with friends
- Swimming
- Riding a bicycle
- Gardening
- Dancing
- Others?

**Being physically active for  
30-60 minutes a day leads to:**

- Strong bones and muscle
- Healthy heart, brain, and lungs



**What are ideas to help you get a good  
night's sleep?**

# The Importance of Sleep

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**Getting a good night's sleep is good for your mental, emotional, and physical health!**

**Ideas to help you get a good night's sleep:**

- Go to bed at the same time and get up at the same time every day
- Get at least 7 hours of sleep
- Turn off all electronics at least 30 minutes before bed-time
- Be physically active during the day
- Avoid caffeine, large meals, and alcohol before bed
- Make sure your room is dark
- Have your room at a comfortable temperature



**What are activities you do to stay socially  
and emotionally healthy?**

# Emotional and Social Health

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## **Some ways you can support your emotional and social health:**

- Maintain healthy relationships with family and friends
- Be involved in your community or volunteer
- Maintain a positive attitude
- Make time for activities you enjoy
- Learn how to manage stress
- Participate in a regular job, volunteer job, or hobby
- Express gratitude
- Be physically active
- Get plenty of sleep
- Set health and wellness goals and reward yourself when you achieve them
- Eat healthy foods



**What are other ways you stay healthy?**

# Other Tips to Maintaining Health

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## Other ways to stay healthy:

- Wash your hands after using the restroom and before eating
- Brush your teeth 2 times per day and floss daily
- Wear visible clothing when out at night
  - Light colors and reflective gear
- Wear your seatbelt when in the car and a helmet when riding your bicycle
- Avoid tobacco use. If you do use, quit!
- Ask for help if you are struggling with drugs or abusing alcohol
- Talk to your doctor about preventing sexually transmitted infections and unwanted pregnancy.



# What did I Learn?

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## **To help me stay healthy I:**

- Eat well to help my body and mind.
- Stay physically active to help all parts of my body.
- Get plenty of sleep to help with my mental, emotional, and physical health.
- Find time for myself and others, which is an important part of my emotional health.
- Know good health will help me in all areas of my life, including my health care.

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