

Quick Steps for Healthy Women

Here are ten things you can do to help live longer, live better, and live happier:

Number 10: Be Informed. Be an active participant in your own health care.

Number 9: Be Good To Your Bones. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or breads. Speak with your doctor about calcium supplements.

Number 8: Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned there is no such thing as "moderate" use.

Number 7: Take Medicine Wisely. Read the labels, follow the instructions carefully, and remind your doctor or pharmacist about any other medicines or supplements you might be taking that could interact with your medication. If you have any questions about possible side effects call your doctor or pharmacist.

Number 6: Play It Safe. Avoid injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses. Use street smarts and common sense. Practice safe sex.

Number 5: Get Checked. Get regular checkups, preventive exams, and immunizations. Don't forget self-exams, too.

Number 4: Don't Smoke. It's the leading preventable cause of death in our country.

Number 3: Eat Smart. It's the secret to good health. Eat plenty of fruits, vegetables, and grains. Enjoy a variety of foods, balance foods from each food group, and exercise moderation.

Number 2: Get Moving. The other secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally.

Number 1: Be Happy. Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

Source: Office on Women's Health in the Department of Health and Human Services