

# HEALTHY LIVING ACTION PLAN



Name: \_\_\_\_\_

Medical Provider's Name: \_\_\_\_\_

Nurse's Name: \_\_\_\_\_

Medical Social Worker's Name: \_\_\_\_\_

Medical Provider's Phone: \_\_\_\_\_

Nurse's Phone: \_\_\_\_\_

Medical Social Worker's Phone: \_\_\_\_\_

Take steps every day to live a safe and healthy life.



For more information on these or other health topics, call us toll-free at 1-866-500-9004

## QUIT SMOKING

- Call the Vermont Quit Line at 1-800-QUIT-NOW (1-800-784-8669) for counseling, self-help materials, local program referrals, and help getting free nicotine patches, gum, or lozenges.

## BE ACTIVE

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rate and that strengthen your muscles.
- Help children and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

## EAT HEALTHY

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit food and drink high in calories, sugar, salt, fat, and alcohol content.
- Eat a balanced diet to help keep a healthy weight.
- Include fat-free or low-fat milk and milk products daily.
- Include lean meats, poultry, fish, beans, eggs, and nuts daily.
- Avoid adding sugar to drinks, tea, and coffee.

## PROTECT YOURSELF

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands frequently to stop the spread of germs.
- Avoid smoking and breathing the smoke of others.
- Build safe and healthy relationships with family and friends.
- Be prepared for unexpected emergencies. Have a supply kit and include your medications.

## MANAGE STRESS

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Sleep 7 to 9 hours each night depending upon age. Children may need more sleep.
- Get help or counseling if needed.

## GET CHECK UPS

- Based on your lifestyle, personal and family health histories, ask your provider how you can lower your risk for health problems.
- Find out what exams, tests, and shots you need and when to get them.
- See your provider sooner if you feel sick, have pain, notice changes, or have problems with medicine.