

# health tips

Whether you're currently in treatment or in a recovery phase, here are a few tips to help you safeguard your health. These tips are suggestions, please be sure to discuss any changes to your health care with your physician.

## **PHYSICAL ACTIVITY**

- Try to get at least 150 minutes of moderate exercise weekly
- Try to do strength or resistance training at least twice a week
- Avoid prolonged sedentary behavior (e.g., sitting for long periods of time)

## **NUTRITION**

- Eat a healthy plant-based diet with vegetables, fruits and whole grains
- Reduce sugar, processed foods, fried foods and red meat
- Limit alcohol consumption or eliminate completely
  - Women: one drink a day
  - Men: two drinks a day

## **MANAGE STRESS**

- Actively manage your stress levels
- Practice mindfulness, exercise, yoga, meditation or counseling


## **AVOID TOBACCO PRODUCTS**

## **USE SUNSCREEN**

- Use sunscreen with a SPF of at least 30
- Protects against UVA/UVB
- Waterproof

## **MAINTENANCE**

- Continue regular health maintenance with your primary care provider



If you have any questions please contact or  
make an appointment with your patient navigator

**505-727-3041.**

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