

# Healthcare Needs To Take Care of Each Day



Exercise for 30 minutes (at least 3 days each week).



Use sunscreen and dress appropriately to protect yourself from the sun.



Watch your fat intake. No more than 30% of your calorie intake should come from fat.



Take medicine wisely. Read the labels, follow the instructions carefully, and talk to your pharmacist or doctor if you have any questions about potential side effects or interactions.



Avoid illegal drugs and watch your alcohol intake.



Don't smoke. Tobacco use is the single most preventable cause of death in the United States.



Engage in social activities within the community to improve your mental health.