New Year, *New* Healthy You

Make 2020 your healthiest year yet!

Use these 9 tips to boost your health and well-being all year long.

Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep per night.

TIP
Being active during the day can help you fall asleep at night.

Quit Smoking

You can do it!
Call 1-800-QUIT-NOW for free support.

Be Sun Safe

Wear layered clothes and apply broad-spectrum sunscreen with at least SPF 15.

DID YOU KNOW?
Even in cold weather, the sun can damage your skin. UV rays, not the temperature, do the damage.

Brush Your Teeth

Brush twice a day with fluoride toothpaste.

Get Your Checkups

Visit your doctor regularly for preventive services like cancer and diabetes screenings.

Learn Your Health History

Talk to your family and your doctor about your family health history.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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