

Alcohol can cause fetal alcohol syndrome in your children if you drink regularly when you are pregnant.

Street drugs, like marijuana, cocaine, methamphetamine, heroin, or pain pills not prescribed by your doctor can harm your health. They may be mixed with harmful substances, and using them can cause people to put themselves in dangerous situations.

Tip #6: Get regular health care.

Many people think they need to see the doctor only when they are sick. But, health care providers can also help you stay healthy.

- Find a health care provider who works with you to manage your health.
- Ask your health care provider what diseases you are at risk for. Learn what you can do to prevent or control them.
- Get yourself and your family immunized against life-threatening diseases.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

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Leading a Healthy Life

Six tips to help improve your health and wellness

This handout explains how these 6 basic guidelines may improve your health and wellness:

- **Eat well to give your body the energy it needs.**
- **Stay or get active.**
- **A healthy mind is part of a healthy body.**
- **Practice safe living habits.**
- **Keep your mind and body free of harmful drugs and alcohol.**
- **Get regular health care.**

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Tip #1: Eat well to give your body the energy it needs.

Your body needs nutritious foods to stay strong and healthy.

Here are some general eating guidelines:

- Have 2 servings of fish or other seafood 2 times a week (1 serving = 4 ounces).
- If you eat dairy products, choose low-fat (1%) or nonfat ones.
- If you eat meat, cut down on the amount. Replace it with plant-based foods such as beans, whole grains, fruits and vegetables, and nuts and seeds.
- Have less than 1,500 mg of sodium (salt) a day.
- Cut down on “junk food” like alcohol, fatty foods, chips, candy, and other sweets.

Tip #2: Stay or get active.

Exercise for at least 30 minutes at a time, 3 times a week. Regular physical activity can help you:

- Live longer and feel better
- Be stronger and more flexible
- Build strong bones
- Prevent depression
- Strengthen your immune system
- Maintain a healthy body weight

Tip #3: Remember: A healthy mind is part of a healthy body.

A good state of mind can help you make healthy choices. Here are a few tips for keeping your mind healthy:

- Reduce stress in your life.
- Make some time every day for things that are fun.
- Get enough sleep. Lack of sleep reduces how well you can concentrate, increases mood swings, and raises your risk of having a car accident.
- Ask your health care provider for help if you feel depressed or anxious for more than several days in a row.

Tip #4: Practice safe living habits.

Accidents and Injuries

- Accidents and injuries are the 5th leading cause of death in the U.S.
- Women under age 35 are more likely to die in motor vehicle accidents than from any other cause.
- Accidents in the home cause thousands of permanent injuries every year.

The most common accidents are fires, falls, and drowning. To help yourself and your family stay safe:

- Install smoke detectors on each floor of your home.
- Make sure everyone in your family knows how to swim.

- Stay safe on the road:
 - Wear a seatbelt.
 - Do not ride with someone who has been drinking or taking drugs.
 - Do not speak on a cell phone or send, read, or write text messages while you are driving.
 - Wear a helmet when you ride a bicycle or motorcycle.
 - Get enough sleep at night, and do not drive when you are tired.

Hand Hygiene

Protect yourself from germs by washing your hands often. Always wash your hands:

- After you change a diaper or use the toilet
- Before you start and after you finish preparing food

Tip #5: Keep your mind and body free of harmful drugs and alcohol.

Tobacco causes more health problems than any other substance. These problems include lung disease, heart disease, and many types of cancer. The nicotine in tobacco is the most addictive and widely used drug.

Too much alcohol can cause damage to your liver, heart, brain, bones, and other body tissues. Being under the influence of alcohol also increases your chance of being injured in an accident.