TIPS FOR HEALTHY LIVING

DO's

DIET

Do drink water (not soda, coffee or juice)
Do eat 3 small meals and 2 snacks daily
Do snack on fruits and vegetables
Do eat slowly
Do eat high fiber foods (whole grains, fruit, vegetables)

EXERCISE

Do exercise 30 minutes or more each day (walking briskly is easy)

SMOKING

Do ask your doctor how to quit smoking
Do set a quit date and get some help to quit

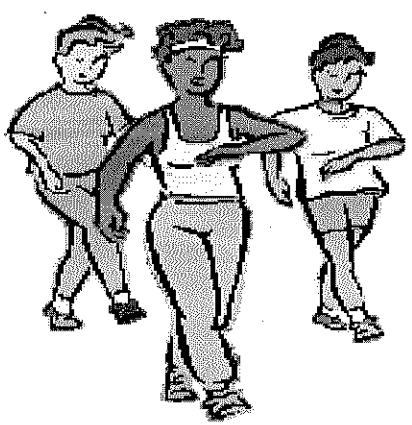
MEDICATION

Do explain your medication concerns to your doctor
Do take your medication as it is prescribed

DON'Ts

DIET

Don't eat if you aren't hungry
Don't eat "fast food" more than once a week

EXERCISE

Don't sit in front of TV or computer more than 2 hours each day