8 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less
Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods
Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Choose Your Drinks Wisely
Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep
Adults need at least 7 hours of sleep per night.

Children aged 6 to 12 need 9-12 hours of sleep per night.

Teens 13 to 18 need 8-10 hours of sleep per night.

Be Sun Safe
Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

TIP
Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth
Brush twice a day with fluoride toothpaste.

Don’t Use Tobacco
Call 1-800-QUIT-NOW for free support to quit smoking.

Learn Your Health History
Talk to your family and your doctor about your family health history.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease.