9 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 9 healthy habits for spring.

- 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.
- Eat a Healthy Diet: Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- 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 a night.
- Quit Smoking: You can do it! Call 1-800-QUIT-NOW for free support.
- 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.
- 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.

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