Follow these 6 tips to help prevent chronic disease and have a #HealthySummer.

1. Don’t Use Tobacco
   You can quit today! Build a quit plan and get resources to help you quit.

2. Eat a Healthy Diet
   Delicious fruits and veggies make any summer meal healthier.

3. Move More, Sit Less!
   Get at least 150 minutes of aerobic physical activity every week.

4. Keep Cool in Extreme Heat
   Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.

5. Wear Sunscreen & Insect Repellent
   For sun safety, wear layered clothes and apply broad spectrum sunscreen with at least SPF 15.

6. Rethink Your Drink!
   Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

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