New Year, New Healthy You

MAKE 2020 YOUR HEALTHIEST YEAR YET!

Use these 9 tips to boost your health and well-being all year long.

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

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.

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 per night.

Don’t Use Tobacco
You can do it!
Call 1-800-QUIT-NOW for free support.

Be Sun Safe
Wear layered clothes and apply 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.

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