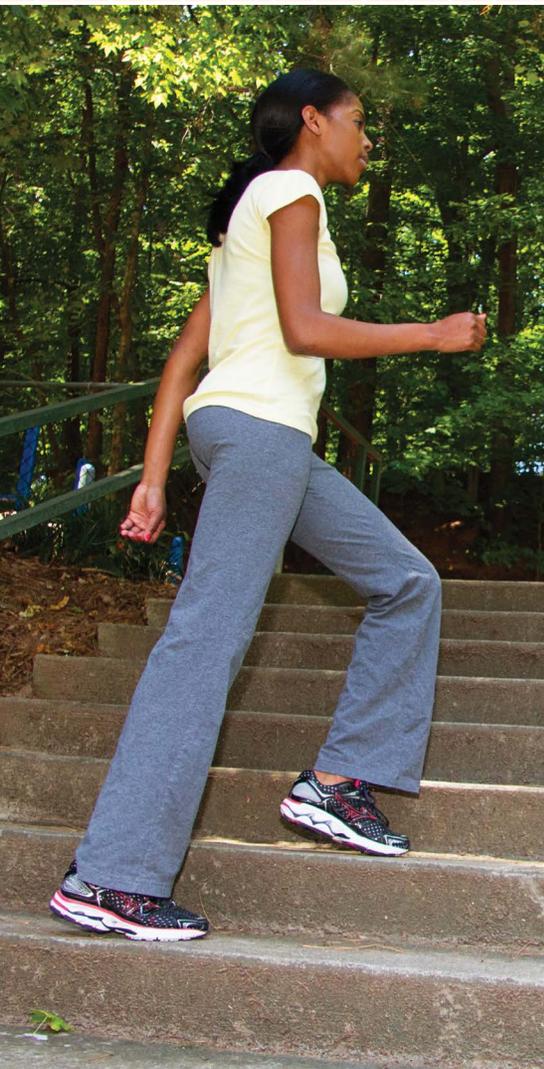


Steps to a Healthier me!



Life offers many opportunities. Take time to think about your goals for school, for your job or career and for your health. Your physical and mental health are important in helping you achieve the goals you set for yourself. This is a tool to help you set your goals and make a plan.

Start by choosing your goals for this year. It is easier to focus on 2 – 3 goals. Then use the checklist below to set your plan into motion.

Date plan made or revised:

My top 3 goals for this year are

- 1.
- 2.
- 3.



Centers for Disease
Control and Prevention
National Center on Birth Defects
and Developmental Disabilities



3. Be active. (continued)

By
(walking, going to the gym, etc.)

Find an exercise friend.

My exercise friend is

Find ways to be active at home and at work.

Walk outside during lunch.

Other

4. Take 400 micrograms (mcg) of folic acid daily.

Folic acid is good for my health. Taking it daily will help prevent birth defects of the brain and spine if I should decide to or get pregnant before I am ready.

Take a vitamin with folic acid every day unless I eat a serving of breakfast cereal that says it has 400 mcg of folic acid on the nutrition label.

Place vitamins by my toothbrush or on the kitchen counter or to help me remember to take them daily.

5. Protect myself from sexually transmitted infections (STIs).

If I choose to have sex

Agree to have sex with only one person who has agreed to have sex with only me.

Buy a supply of condoms, and use them correctly and every time.

Get checked if I have been exposed to STIs.
<http://www.cdc.gov/std/healthcomm/the-facts.htm>.

If needed, take all the medicine for the full time as directed by my doctor.

6. Avoid harmful chemicals, metals, and other toxic substances around the home and in the workplace.

<https://prhe.ucsf.edu/toxic-matters>

7. Make sure my vaccinations (shots) are up-to-date.

Vaccinations are our best defense against many diseases. Sometimes, those diseases can cause serious problems. I want to protect myself against those diseases.

Remember to get a flu shot every year!

Check the vaccination schedule before I see my doctor <http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>

I need

Remind my doctor to update my vaccinations.

My appointment is

8. Manage and reduce stress and get mentally healthy.

Learn more about getting mentally healthy.

<https://www.womenshealth.gov/mental-health>

<https://www.nimh.nih.gov/index.shtml>

Be aware of things that cause me stress.

Make a plan to reduce my stress.

Get enough rest.

Exercise to lift my mood.

Limit alcohol and avoid cigarettes and other drugs.

Find a support person or group, if needed.

My support person or group is



Goals for a Healthier me!

9. Stop smoking.

Smoking is not healthy for me or others around me. I want to be healthy! Secondhand smoke is not healthy either. I will avoid being around people when they smoke.

Make an appointment with my doctor to talk about help for this.

My appointment is

Find a support person or group for additional help.

Contact information for support

Check out www.BeTobaccoFree.gov and <http://smokefree.gov/>

Call 1-800-QUIT-NOW (1-800-784-8669)

10. Stop using certain drugs or prescription medicines that are not mine.

Stop using certain drugs or prescription medicines that are not mine.

Make an appointment with my doctor to talk about help for this.

My appointment is

Find a support person or group for additional help.

Contact information for support

11. Reduce my alcohol intake.

Reduce my drinking to less than 7 drinks a week and never more than 1 on any occasion.

Make an appointment with my doctor to talk about help for this.

My appointment is

Stop drinking immediately if I find myself pregnant. Drinking during pregnancy can cause birth defects. There is no known safe level of alcohol in pregnancy.

Find a support person or group for additional help.

Contact information for support

12. Stop partner violence.

Abuse can be emotional, physical, or sexual. No one deserves to be abused. I love myself and my child or children enough to take steps to deal with violence if it should happen to me or my family.

Talk with my doctor.

Talk with a counselor.

Make a plan.

Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 800-787-3224 (TDD).

13. Manage my health conditions, such as asthma, diabetes, overweight.

Learn more about my health condition(s).

Talk with my doctor about a plan to manage my health condition(s) and my medicines.

My appointment is

Find a support person or group to help me with the plan.

My support person's contact information is

