



# Wedding Health and Safety Tips

Say, "I do" to your health! Follow these tips to help you plan a safe and healthy wedding and marriage.

## Eat healthy.

- Make healthy choices for your wedding and new life together. Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.
- If you want to lose weight, eat smaller food portions, lower the amount of fat in your diet, and be active. Avoid crash dieting.
- Include healthy meals and snacks for your guests. Add seasonal fruit or vegetables, low-fat snacks, and low-calorie drinks or desserts.

## Be active.

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- Spread your activity out during the week, and break it into smaller chunks of time during the day.

## Be smoke-free.

- If you smoke, prepare for your new life together by quitting. Quitting smoking has immediate and long-term benefits.
- Avoid breathing in other people's smoke (secondhand smoke). It can cause health problems similar to those of smokers.
- Choose smoke-free venues for the wedding reception and other activities.

## Manage stress.

- As you juggle wedding planning, work, school, and other activities, take steps to recognize and manage stress. Early warning signs of stress include headache, sleep problems, difficulty concentrating, short temper, upset stomach, job dissatisfaction, and low morale.
- Get enough sleep, and practice relaxation techniques.
- Talk to your doctor or nurse if you feel stressed or if you think you are losing control.

## Style with care.

- Test new hair dyes, relaxers, cosmetics, and skin products in a small area first, way before the wedding.
- Follow all directions, cautions, and warnings on products. Dyes and relaxers can hurt skin, hair, and eyes.
- Never dye eyebrows or eyelashes, as it might cause blindness.
- Stop using a product if problems develop.
- Remove make-up before bedtime to prevent skin and eye irritation.

## Prevent injury.

- Wear comfortable shoes and clothing that won't affect how you walk, stand, or dance. Make sure they are fitted properly to prevent trips and falls.
- If you're using candles, place them properly so as not to burn anyone or set anything on fire. Place other decorations in such a way so as not to increase the risk of injury.
- If alcohol will be served at the wedding or other activities, be aware of how much you and others are drinking. Do not drink and drive. Ensure you and others designate a sober driver before the event.

## Get a check-up.

- Check with your doctor or nurse to see what tests and exams you need based on your age, sex, and health history. Regular health exams and tests can help find problems early or before they start, when your chances for treatment are better.
- Talk to your doctor or nurse about preconception care, sexually transmitted diseases, and your and your partner's family health histories.
- If you have a health problem, make sure you take steps to manage it. Don't neglect your health while planning your wedding.

## Get enough sleep.

- Get 7-9 hours of sleep each night.
- If sleepiness interferes with your daily activities, get more sleep each night. It will improve the quality of your waking hours.

## Build a healthy relationship.

- Establish and maintain a healthy relationship. Adults and children who experience a healthy marriage can benefit from better health, increased wealth and financial stability, and longer life expectancy.
- If you experience intimate partner violence, contact the National Domestic Violence Hotline at 800-799-SAFE (7233).

## Travel safely.

- If you're taking a cruise, know your ship's recent health inspection scores.
- If you're traveling internationally, make sure you have all the vaccinations required for that area.
- Always wear your seatbelt while riding in a motor vehicle.
- Protect yourself from sunburn, mosquitoes, and ticks.

## Go green.

- Recycle all the magazines you used while preparing for the wedding.
- Consider using favors, utensils, decorations, and accessories that can be easily recycled or reused.

**For more information, visit: [www.cdc.gov/family/wedding](http://www.cdc.gov/family/wedding)**

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