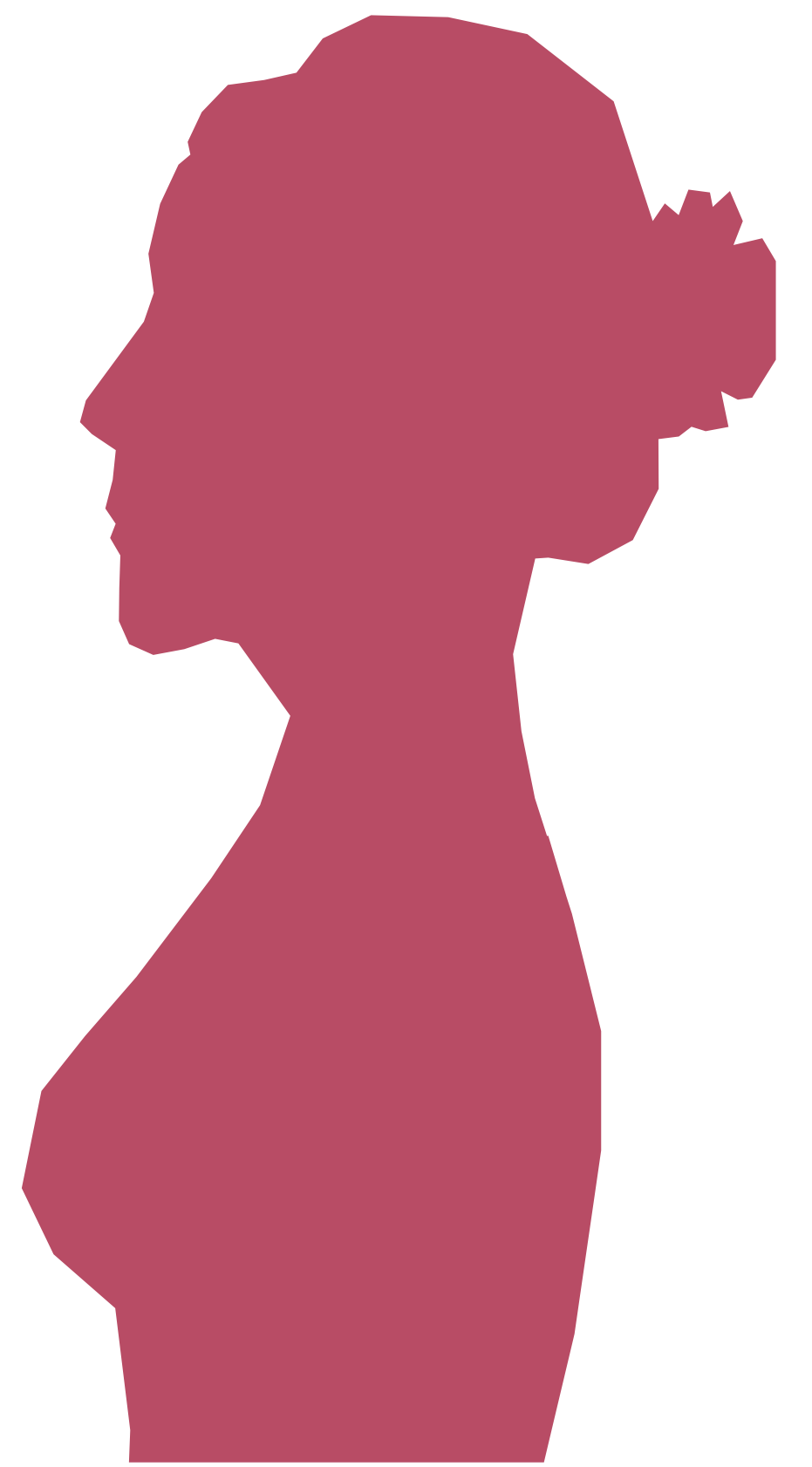


WOMEN'S HEALTH AWARENESS



6 HEALTHY AGING TIPS:

Follow these six simple healthy living tips and you'll improve your quality of life for years to come!

1. Eat a healthy diet.

- Choose a variety of fresh fruits and vegetables and fewer processed foods. Eat whole grains and high-fiber foods and choose leaner cuts of meat, fish, and poultry. Include low-fat dairy products in your diet as well. Depending on your age, you need between 800 and 1,500 milligrams of calcium daily to avoid osteoporosis. If you're not getting enough vitamins and nutrients in your diet, you might want to take a multivitamin and a calcium supplement to make sure you're maintaining good health.

2. Exercise at least 30 minutes a day, 5 days a week.

- Aerobic exercises (walking, swimming, jogging, cycling, dancing) are good for women's health in general and especially good for your heart.

3. Avoid risky habits.

- Stay away from cigarettes and don't use drugs. If you drink alcohol, do so in moderation.

4. Manage stress.

- No matter what stage of her life, a woman deals with a lot of pressure and stress. Take a few minutes every day to relax. Exercise, relaxation techniques, and meditation can help.

5. Sun safely.

- Wear sunscreen with a sun protection factor (SPF) of at least 15 if you are going to be outside for more than a few minutes. Check regularly for signs of skin cancer. Warning signs include any changes in the size, shape, color, or feel of birthmarks, moles, or freckles, or new, enlarging, pigmented, or red skin areas.

6. Check for breast cancer.

- The American Cancer Society suggests monthly breast self-exams for women, starting in their 20's. Be on the lookout for any changes in your breasts and report any concerns to your doctor. All women 40 and older should get a yearly mammogram, as a mammogram is the most effective way of detecting cancer in its earliest stages, when it's most treatable.

