

Get Healthy Queens!™



6 Steps to Improve Your Health

It's time to *Get Healthy Queens!*™ Even small lifestyle changes can significantly improve your overall health and well-being. Let us help you begin taking charge of your life with these simple health tips.*

EAT HEALTHY—What you eat and drink, and what you don't, can make a difference to your health. Eat plenty of fruits, vegetables and whole grain foods. Drink lots of water, and go easy on saturated fat, salt, sugar and alcohol consumption.

EXERCISE DAILY—Regular physical activity reduces the risk of heart disease, cancer, high blood pressure and obesity. For adults, 30 minutes of moderate physical activity each day is recommended. Start slowly, work up to a satisfactory level and don't overdo it.

MAINTAIN A HEALTHY WEIGHT—Weight control is a key component in good health. People who are overweight or obese are at increased risk for a variety of diseases. Eat better, exercise regularly and consult your doctor about how to safely diet and control your weight.

MANAGE STRESS—Protect your mental and physical health by engaging in activities that help you manage stress at work and at home. Meditate, do yoga or spend at least five minutes a day in quiet time.

GET ROUTINE HEALTH EXAMS, SCREENINGS AND VACCINATIONS—Based on age, health history, lifestyle and other factors, you and your doctor should determine a schedule for routine exams and screenings for certain diseases.

QUIT SMOKING—Health risks associated with smoking include cancer, lung disease and heart disease. Helplines like 1.866.NY QUILTS, medications and other forms of support are available to help you quit.

* These tips do not substitute for the advice of a health care professional. Consult your doctor before starting on any new diet or exercise program.

JUNE Health & Wellness Events

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| <p>2 Saturday, 10:00 AM-3:00 PM
 UCCA Community Health Fair
 Co-sponsored with United Community Civic Association, Assemblyman Michael Gianaris, Congresswoman Carolyn Maloney, Council Member Peter Vallone, Jr. Complimentary Health Screenings, Testing, Massage Therapy and More
 <i>Saint Francis of Assisi Church</i>
 21-17 45th Street, Long Island City</p> | <p>14 Thursday, 11:00 AM-NOON
 Men's Health: Prostate Update
 Registration Required. Call 1-800-Your-MDS
 <i>Raices Astoria Senior Center</i>
 21-12 30th Road, Long Island City</p> | <p>27 Wednesday, 3:00 PM-6:00 PM
 Breast Cancer Screening & Education
 Co-sponsored with Queens Breast Health Partnership with support from SHAREing & CAREing
 By Appointment Only. Call 1-800-Your-MDS
 No Charge to Patient
 <i>Mount Sinai Hospital of Queens</i>
 <i>Senior Health Center</i>
 27-15 30th Avenue, Long Island City</p> |
| <p>8 Friday, 9:00 AM-1:00 PM
 Learn About Health Services In Your Community
 No Registration Required
 <i>Astoria Blue Feather Head Start</i>
 23-22 30th Road, Long Island City</p> | <p>21 Thursday, NOON
 Arthritis & Joint Pain: Staying Active
 Registration Required. Call 1-800-Your-MDS
 Lunch will be served
 <i>Crescent Tower, Community Room</i>
 23-22 30th Road, Long Island City</p> | |

Mount Sinai The Mount Sinai
 Hospital
 of Queens

A Division of The Mount Sinai Hospital

FOR A PHYSICIAN REFERRAL, CALL: 1.800.YOUR.MDS OR VISIT: WWW.MSHQ.ORG