

Get Up... Get Going...

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. Be sure to eat a variety of foods, including 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, stroke, cancer, high blood pressure, diabetes 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 health screenings for certain diseases.

Quit Smoking

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

*These tips do not replace the advice of a healthcare professional. Consult your doctor before starting any new diet or exercise program.



The Mount Sinai
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