Tips For Good Health

- ❖ Eat a healthy diet and get to a healthy weight.
- ❖ Be physically active every day.
- ❖ Get medical and dental checkups every year.
- ❖ Take a multivitamin with folic acid every day.
- ❖ Plan when you want to have a baby.
- ❖ Stop smoking, drinking alcohol and taking illegal drugs.
- ❖ Learn to lower your stress.
- ❖ Get adequate sleep.
- ❖ Find people who can support you to be healthy, both physically and mentally.

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