

# Choose well



## Everyday lifestyle choices can keep you healthier

Everyone wants to have good health. Our quality of life depends on it. But deciding on which approach to take for a healthy lifestyle can be challenging. Read a newspaper, watch television, listen to the radio, or visit a bookstore and you're sure to be bombarded by information about staying healthy.

All it really takes is common sense and making simple, everyday choices when it comes to your lifestyle habits. By understanding and following the basics of healthy living, you'll feel better, look better and may very well increase your longevity.

## Be your healthy best

Making smart lifestyle choices can have a very positive impact on your health and well being.

Consider these guidelines for optimal health:

- Eat right
- Don't smoke
- Exercise regularly
- Get regular health screenings
- Keep immunizations on schedule



**BlueCross BlueShield  
of Illinois**

# Everyday choices

You can make:



## Serve yourself right

Make healthy choices that include a wide variety of foods, and add some spice to your life with flavor-enhancing herbs and spices. Keep food portions in check and beware of "portion distortion" in restaurant and home-cooked meals. Be a list-maker and a label-reader to help you plan ahead and stay tuned in to healthy food choices.

## Make no ifs, ands or "butts"

If you smoke, quit the habit by getting help and support from smoking cessation programs, encouragement from family, friends and coworkers and medications available through your doctor. Find an approach that works for you and keep a positive, determined attitude.

## Get a move on

You don't have to pump iron or be a marathon runner to stay in shape. Swimming, gardening, dancing, biking, hiking, skipping rope and paddling a canoe are great ways to get fit. Walking can also be a very effective exercise activity. Try walking on your lunch hour or after dinner, or on the sidelines during your child's sports practice. Work up to at least 30 minutes a day five or more days a week.\*

## Make a date with your doctor

Give yourself a healthy present each year on your birthday by scheduling a checkup with your doctor. Ask your doctor about maintaining or achieving a healthy weight, find out how often you need to schedule health screenings and verify that your adult vaccinations are up-to-date.



**BlueCross BlueShield  
of Illinois**

Sources: American Cancer Society; American Diabetes Association; American Heart Association

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association