

HAPPY & HEALTHY FAMILIES IN 2014

New Year Resolutions TO PREVENT DISEASE & CREATE A SAFER, HEALTHIER LIFESTYLE

GET PHYSICAL



Incorporate at least 2.5 hours of exercise a week. Include activities that raise your breathing and heart rate and strengthen muscles and bones. Children and teens should be active for at least one hour a day. This will help to maintain a healthy weight, reduce high blood pressure and risk for diabetes, heart attack, stroke, cancer, arthritis pain, osteoporosis, depression and anxiety.



EAT RIGHT

Eat a variety of fruits, vegetables and whole grains every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. A balanced diet helps maintain a lean, healthy weight, boost a natural immune system, contribute to lower rates of depression and enhance one's overall well-being.

GET CHECK-UPS



Schedule appointments with your health care provider to discuss screenings and exams. Regular health exams can help find problems before they start and also find problems early, when your chances for treatment and cure are better. This will increase your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices and other important factors impact what and how often you need healthcare.



BUCKLE UP

Seat belts are the single most effective occupant protective device for preventing death and injury. Wearing a seat belt can reduce the risk of crash injuries by 50 percent. It is estimated that over 12,000 lives nationally and over 300 lives in South Carolina are saved annually by seat belts. Child safety restraints reduce fatality by 71 percent for infants and 54 percent for toddlers.



QUIT SMOKING

Tobacco use is the single largest preventable cause of disease and death. You have access to the S.C. Tobacco Quitline, a free, comprehensive tobacco treatment service featuring phone & Internet counseling. Call 1-800-QUIT-NOW to get you and/or a family member started today.

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Balance work, home and play. Stay positive, take time to relax and get seven to nine hours of sleep each night. Make sure children get more sleep, based on their age. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor or pastor. Avoid drugs and alcohol. They may seem to help but in the long run, they create additional problems and increase the stress you are already feeling.



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Immunizations can protect you and your family against many preventable diseases and infections. Vaccines prevent diseases from spreading and safeguard people of all ages from outbreaks. The Centers for Disease Control recommends that both children and adults stay protected against serious diseases, including influenza, pneumonia, shingles, and whooping cough. Vaccinate to protect this generation, and future generations.



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Obesity is a major contributor to chronic disease including hypertension, high cholesterol, diabetes, heart disease, breast and colon cancer, liver and gallbladder disease, and respiratory problems. Achieving and maintaining a healthy weight is not about short-term dietary changes but rather a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. Staying in control of your weight contributes to good health now and as you age.



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MORE INFORMATION:

Centers for Disease Control and Prevention | cdc.gov
SC Department of Health and Environmental Control | scdhec.gov
National Highway Traffic Safety Administration | nhtsa.gov
U.S. Department of Health & Human Services | hss.gov



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