

# Daily Steps to Health

**Be tobacco free.** To talk to your Primary Care Physician (PCP) about how to be tobacco free, or call the National Quitline: 1-800-QUITNOW or New York State Smokers Quitline at 1-866-697-8487

**Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, dancing, swimming, and bicycling are just a few examples of moderate physical activity.

**Eat a healthy diet.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars

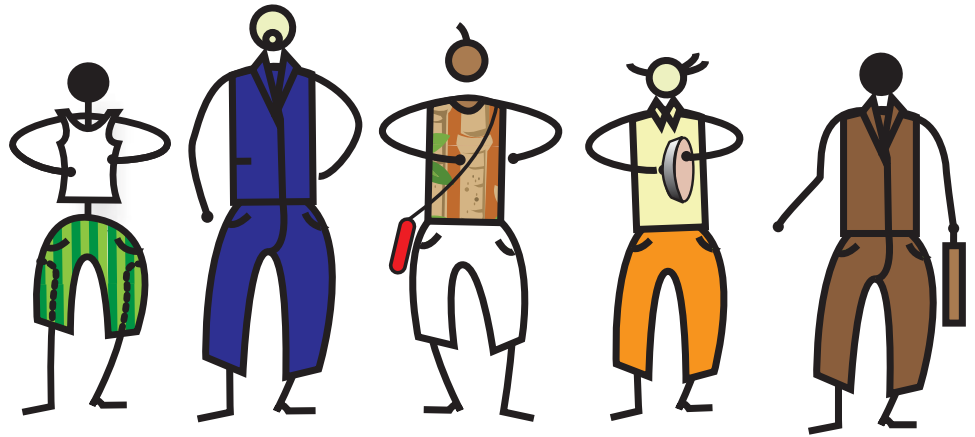
## Stay at a healthy weight.

Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.

## If you drink alcohol, drink only in moderation.

Have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

**Get Vaccinated.** Receive yearly flu shots and make sure to get vaccinated for pneumonia. Talk with your provider or nurse about whether you need vaccinations. You can also find which ones you need by going to: <http://www.cdc.gov/nip/adultimmsched/>.



## Men's Health Checklist

Bring this checklist to your next PCP visit.

**Colorectal Cancer:** Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

**Depression:** Your emotional health is as important as your physical health. You should be screened annually. Talk to your PCP about being screened for depression especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

**Diabetes:** Get screened for diabetes annually. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

**High Blood Pressure:** Starting at age 18, have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

**High Cholesterol:** You should be screened annually for high cholesterol. You are at increased risk for having high cholesterol if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

**Syphilis:** You should be screened annually for syphilis.

**Overweight and Obesity:** The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: <http://www.nhlbisupport.com/bmi/>. A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese.