Feel GOOD Guide
How to STAY HEALTHY
“Disease and disasters come and go like rain, but health is like the sun that illuminates the entire village.”

–African Proverb
Everyone wants to live a long healthy life. When you’re healthy, you feel good and perform at your best. You can be healthier if you make just a few small changes in your daily life.

This book describes 10 simple things you can do to stay healthy. Share the information provided with your family and friends.

Small CHANGES Make a BIG Difference.
Feel Good Guide
How To Stay Healthy

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BE PHYSICALLY ACTIVE EVERY DAY

HOW MUCH PHYSICAL ACTIVITY SHOULD I BE GETTING?

Any physical activity is better than none, and more is better still. A good goal is to do some form of moderate-intensity physical activity (like a fast walk) for 30 minutes at least five days a week.

WHAT ARE SOME BENEFITS OF PHYSICAL ACTIVITY?

- Reduces risk of getting heart disease.
- Reduces and prevents high blood pressure.
- Improves blood cholesterol levels.
- Reduces risk of developing certain cancers and other chronic diseases.
- Keeps bones strong.
- Reduces stress, anxiety and depression.
- Makes it easier to fall asleep and stay asleep.
HOW CAN I BE PHYSICALLY ACTIVE EVERY DAY?

1. Take a walk every day, even if it is just a block or two. Make it a part of your daily routine.
2. Get a friend or family member to walk with you.
3. When you need to do an errand, walk instead of driving.
4. Ride a bike in the park or through your neighborhood.
5. Take the stairs instead of the elevator.
6. Get off the bus one stop before you need to and walk the last bit.
7. Park farther away at shopping malls and spend extra time walking a few laps in the mall.
8. Spend time actively playing with your kids.
9. Turn off the TV! Watching television is the worst kind of sedentary activity.
EAT MORE FRUITS AND VEGETABLES

WHY SHOULD I EAT FRUITS AND VEGETABLES?

- Fruits and vegetables contain essential vitamins, minerals and fiber.
- People who eat fruits and vegetables have a lower risk of stroke, heart disease and cancer.
- Eating fruits and vegetables instead of other snacks can help you lose weight.

HOW MANY SERVINGS OF FRUITS AND VEGETABLES SHOULD I EAT?

The more you eat the better, but at least five servings of fruits and vegetables a day.
HOW CAN I EAT MORE FRUITS AND VEGETABLES?

1. Eat a salad with cucumbers and tomatoes for dinner.
2. Add vegetables like lettuce, tomato, onion and pickle to your sandwich.
3. Add chopped vegetables like celery, tomato, onion and carrot to your favorite soup.
4. Make fruits like melon, strawberries and grapes and vegetables like broccoli, spinach and greens take up the largest portion of your dinner plate.
5. Add sliced banana, strawberries or peaches to your cereal.
6. Start your breakfast with an apple or a grapefruit.
7. If you snack, eat an apple instead of chips.
8. Try adding a sliced banana to your peanut butter sandwich.

WHAT EQUALS A SERVING?

- One small apple
- One large banana
- One medium grapefruit
- One large orange
- One small watermelon wedge
- Two large or three medium plums
- Eight large strawberries
- Two stalks of celery
- One cup of cooked greens
- One large sweet potato
- One large ear of corn
- One roma tomato
- Small bowl of green salad
WHAT IS SODIUM?

Sodium is a mineral that is found in table salt and is often in packaged foods. Many foods high in sodium don’t taste salty. Most people eat about twice as much salt as they need. Your body only needs less than 1 teaspoon of salt, which is between 1,500 and 2,300 mg of sodium, a day. If you have high blood pressure, you should have no more than 1,500 mg of sodium a day.

WHY IS TOO MUCH SODIUM BAD?

A diet high in sodium can raise your blood pressure. High blood pressure can cause heart attacks and strokes. Everyone can benefit from eating less sodium.

WHAT FOOD SHOULD I AVOID?

- Smoked, cured, salted or canned meat like bacon, cold cuts and ham
- Frozen breaded meats and dinners
- Canned dinners like ravioli, spam and chili
- Regular and processed cheese, cottage cheese, cheese spreads and sauces
- Biscuit, pancake and waffle mixes
- Pizza
- Salted crackers
- Prepackaged mixes for potatoes, rice, pasta and stuffing
- Regular canned and dehydrated soup, broth and bouillon
- Pre-made pasta and tomato sauces
- Salted butter or margarine
WHAT SHOULD I EAT INSTEAD?

- Eggs and egg substitutes
- Dry peas and beans (not canned)
- Low sodium cheeses, cream cheese, ricotta cheese and mozzarella
- Rice or pasta you cook without adding salt
- Fresh and frozen vegetables without sauces
- Low sodium canned vegetables, sauces and juices
- Fresh, frozen and canned fruit
- Unsalted butter
WHAT IS JUNK FOOD?

Junk foods are foods that are high in fat, salt and sugar, and have low nutritional value. Eating junk food can cause you to become overweight or obese. It can also harm your heart by raising your blood pressure and cholesterol.
WHAT FOOD SHOULD I AVOID?

- Sodas ("cold drinks")
- Fruit drinks that aren’t 100% juice
- Sports drinks
- Potato chips, corn chips and other salty snacks
- Deep-fried foods
- Cakes and cookies
- Candy
- Ice cream

HOW DO I KICK THE JUNK FOOD HABIT?

1. Clean out your fridge and kitchen cabinets of these junk foods.
2. Don’t buy these junk foods. If you don’t have them around the house, you won’t eat them.
3. Don’t buy junk food from vending machines or the corner store. Wait until you get home so you can eat healthy food.
4. Eat healthy foods like fruits, vegetables and whole-grain foods.
WHAT IS DIABETES?
Diabetes is a condition where the body can’t control the amount of sugar in the blood.

WHO GETS DIABETES?
People are more likely to get diabetes if they are overweight, don’t get enough exercise, and have family members who have diabetes.

HOW DO I KNOW IF I HAVE IT?
Most people with diabetes don’t have any symptoms. You can only know that you have diabetes by a test of your blood sugar.
HOW CAN I MANAGE MY DIABETES?

1. Eat healthier to lose weight and maintain a healthy weight.
   - Eat more fruits and veggies.
   - Don’t drink sodas or sugar-sweetened beverages.
   - Cut out the junk food.

2. Exercise more.
   - Take a walk before or after dinner.
   - Walk or ride your bike to work.
   - Play actively with your children.
   - Rake and bag leaves in your yard and do other chores that give you exercise.

3. Go to your doctor to get your A1C level measured. If it is too high, take pills or insulin that your doctor recommends to bring it down to below 7%.

4. Ask your doctor to measure your blood pressure. If it is high, take blood pressure medicine to keep it below 135/85.

5. Ask your doctor to measure your blood cholesterol. If it is high, take medicine to lower your cholesterol.
CUT DOWN ON ALCOHOL

WHY IS DRINKING TOO MUCH BAD?

Drinking alcohol damages your liver and increases your risk of getting breast cancer and colon cancer. When you are under the influence of alcohol, you have poor judgment and coordination, which increases your chances of being in a car crash or getting injured in other ways.

HOW MUCH DRINKING IS OK?

For those who choose to drink alcohol, men should not drink more than two drinks per day and women should not drink more than one drink per day. One drink is a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1 1/2-ounce shot of liquor.
HOW DO I KNOW IF I HAVE A DRINKING PROBLEM?

Answer these questions:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work or other things?
- Does your drinking worry your family or friends?
- Do you ever drink after telling yourself you won’t?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or feel sick after you have been drinking?

If you answered “yes” to any of the following questions, you should visit one of the clinics listed on the enclosed sheet to talk to a doctor. You need to cut back or stop drinking alcohol.

HOW DO I CUT BACK ON DRINKING?

1. Don’t spend time in bars.
2. Get rid of the alcohol in your home.
3. Don’t buy alcohol when you go to the store.
4. Stay busy doing other fun things you enjoy that don’t involve drinking.
5. Avoid spending time with people who are drinking. Spend time with friends and family members that don’t drink.
WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is a condition where blood puts too much stress on the arteries. People with high blood pressure are more likely to die of a stroke, heart attack or kidney disease.

HOW CAN I MANAGE MY HIGH BLOOD PRESSURE?

1. Eat foods that are low in sodium. Read food labels and choose foods with sodium less than 10% of the daily allowance.
2. Exercise at least 30 minutes on most days.
3. Lose weight or keep your weight at a healthy level.
4. Don’t smoke.
5. Limit the amount of alcohol you drink and how often you drink it.
6. If your doctor prescribes medicine for your blood pressure, take it every day no matter how you feel. Visit your doctor every three months to have your blood pressure checked. If your blood pressure is still above 140/90, you may need more medicine or a different medicine.
HOW DO I KNOW IF I HAVE HIGH BLOOD PRESSURE?

People who have high blood pressure don’t have any physical symptoms. You can only find out if you have high blood pressure by getting your blood pressure measured.

When they measure your blood pressure, they will give you two numbers. The higher number is called the “systolic” blood pressure and it should be below 140. The lower number is called the “diastolic” blood pressure and should be below 90. If your numbers are higher than these, you may need to take medications to lower them.
PUT YOUR BUTTS OUT TODAY

Quitting smoking is the best thing you can do for your health. There are more than 4,000 chemicals in cigarette smoke, and many cause cancer. Cigarettes poison your body and damage your heart and lungs.

WHY SHOULD I QUIT?

- You won’t smell like smoke.
- You will cough less and breathe easier.
- Your blood pressure will go down.
- Your heart will be healthier.
- If you smoke a pack a day, you will save about $1,500 a year.
- You won’t harm the people around you with smoke.
HOW DO I QUIT?

1. Pick a date to quit and make a plan.
   - Make it a day that means something to you.
   - Make a list of reasons for quitting. Read the list everyday and anytime you doubt that you can quit.
   - Throw away cigarettes and ashtrays in your home, car and workplace.
   - Ask your friends and family for support.
   - Call 1.800.QUIT.NOW for help.

2. Learn to cope with cravings and withdrawal.
   - Buy nicotine replacement gums or patches from local drug stores.
   - Exercise to reduce any stress.
   - Do fun activities to take your mind off smoking.
   - Think of all the reasons why you want to quit.

   - Don’t give up if you stray from your quit plan. Try again.
   - Think about what worked and didn’t work.
   - Talk to other people you know who have quit.
   - Talk to your friends and family for support.
GET TESTED FOR COLON CANCER

WHAT IS COLON CANCER?
Colon cancer is a cancer of the large intestine, which is the organ that removes food waste from the body.

HOW DO I KNOW IF I HAVE IT?
In the early stages, most people with colon cancer don’t know it. If people have symptoms, they are usually:

- Pain in abdomen
- Blood in stools
- Narrow stools
- Low levels of iron in the blood for no other reason
- Weight loss for no known reason

GO TO ONE OF THE CLINICS ON THE ENCLOSED SHEET AND ASK YOUR DOCTOR ABOUT:

- Testing for blood in your stools at least once a year.
- Getting a colonoscopy at least once every five years. With a colonoscopy, doctors can see growths before they become cancer and remove them.
HOW CAN I PREVENT COLON CANCER?

1. You can reduce your risk of colon cancer by eating healthier, getting more exercise, and quitting smoking.

2. Everyone over the age of 50 should be tested for colon cancer.
USE A CONDOM EVERY TIME YOU HAVE SEX

WHY SHOULD I USE A CONDOM?

One in two sexually active people will get a sexually transmitted disease or a sexually transmitted infection by the age of 25. Using a condom every time you have sex is the only way to protect against sexually transmitted diseases like HIV.

WHAT TYPES ARE AVAILABLE?

There are condoms for both men and women. Male condoms fit over the penis and are closed on one end. Female condoms fit inside the vagina. There are many brands and types of condoms, in different sizes and with different amounts of lubricant. They are all effective. The “best” condom is the one that you will use consistently.

HOW DO I USE CONDOMS CONSISTENTLY?

Whether you are a man or a woman, always keep condoms in your bedroom and bring them with you whenever you might have sex. If you don’t have them, you won’t use them.

WHAT IF MY PARTNER DOESN’T WANT TO USE A CONDOM?

Tell your partner that the condom protects both of you, and if you really care about each other you will use it.
HOW DO I USE MALE CONDOMS TO MAXIMIZE PROTECTION?

1. Store condoms in a cool place and out of direct sunlight (not in wallets or glove compartments).
2. Use a new condom from start to finish for each act of vaginal, anal or oral sex.
3. Carefully open the condom package – teeth or fingernails can tear the condom. Put on the condom after the penis is erect and before it touches any part of a partner’s body.
4. Make sure the condom is not on backwards. If the condom is on the penis and then you realize the condom is on backwards, throw it away and use a new condom.
5. Pinch the reservoir tip and unroll the condom all the way down the shaft of the penis from head to base.
6. If you need lubrication, use only water-based lubricants, such as KY Liquid and Astroglide. DO NOT use oil-based lubricants such as Vaseline, cold cream, hand lotion, mineral oil or baby oil.
7. Withdraw the penis immediately after ejaculation by holding the rim of the condom and slowly removing the penis (with the condom still on) so that no semen is spilled.
Use this food diary to keep track of how much of what foods you eat for a day. Knowing what you eat and how it makes you feel will help you make healthy changes in your diet.

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<th>When and with whom</th>
<th>Notes (feelings/activities)</th>
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