

# INVEST IN YOUR HEALTH



Investing in your health can deliver big returns in the future, like living a longer, happier life. There's no time like today to get started!

INVEST IN	WAYS TO INVEST	YOUR RETURNS
<b>Regular exercise</b>	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Yoga</li> <li>• Weight lifting</li> <li>• Water aerobics</li> <li>• Biking</li> <li>• Dancing</li> <li>• 30 minutes of exercise per day<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Helps slow the rate of bone loss</li> <li>• Can help people with arthritis, heart disease, or diabetes<sup>1</sup></li> <li>• May help prevent high blood pressure and high cholesterol<sup>2</sup></li> <li>• Can help with memory and mental functions<sup>2</sup></li> <li>• May help lessen depression and stress<sup>1</sup></li> </ul>
<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>• 1,000 mg of calcium a day for ages 19-50 (1,200 mg a day for women ages 51-70)<sup>4</sup></li> <li>• Vitamin D to help absorb calcium</li> <li>• Fruits and vegetables</li> <li>• Whole grains</li> <li>• Limit high-fat meats and cheeses, added sugars and salt (avoid fried foods)</li> <li>• For protein: fish, poultry, eggs, dairy, beans, nuts and seeds</li> <li>• Healthy fats like olive oil</li> <li>• Smaller portion sizes</li> </ul>	<ul style="list-style-type: none"> <li>• Could help lower the risk of bone loss<sup>5</sup></li> <li>• May help lower the risk of some cancers and anemia<sup>5</sup></li> <li>• Could help reduce the risk of heart disease and stroke<sup>5</sup></li> <li>• May help reduce high blood pressure, lower cholesterol and manage diabetes<sup>5</sup></li> </ul>

Together, all the way.®



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<b>Health and Cancer Screenings</b>	<ul style="list-style-type: none"> <li>• Health screenings: Blood pressure, cholesterol, depression, diabetes, dental, etc.</li> <li>• Cancer screenings:               <ul style="list-style-type: none"> <li>– Colonoscopy</li> <li>– Skin cancer</li> </ul> </li> <li>• Cancer screenings for women:               <ul style="list-style-type: none"> <li>– Mammogram</li> <li>– Pap test for cervical cancer</li> </ul> </li> <li>• Cancer screening for men: (if recommended by your doctor) Prostate cancer</li> <li>• Yearly well-visit with your primary care doctor</li> </ul>	<ul style="list-style-type: none"> <li>• Can help prevent or find colon, breast, cervical, skin, and prostate cancers</li> <li>• May help catch and treat other health problems</li> <li>• Early detection could save your life</li> </ul>
<b>Memory and Mental Health</b>	<ul style="list-style-type: none"> <li>• Stay connected to family and friends</li> <li>• Do daily puzzles, like the crossword or Sudoku</li> <li>• Sign up for classes to learn new skills</li> <li>• Take on a new assignment at work</li> <li>• Get a good night's sleep</li> <li>• Lower your stress</li> <li>• Exercise</li> </ul>	<ul style="list-style-type: none"> <li>• May help with memory loss as you age<sup>2</sup></li> <li>• Can help lessen depression and stress<sup>1</sup></li> <li>• Helps keep your mind sharp<sup>2</sup></li> </ul>

1. National Institute on Aging. "Exercise: Health Benefits." <http://nihseniorhealth.gov/exercise/olderadults/healthbenefits/01.html> (accessed September 16, 2015)

2. WebMD. "9 Brain Boosters to Prevent Memory Loss." <http://www.webmd.com/healthy-aging/features/9-brain-boosters-to-prevent-memory-loss> (accessed September 16, 2015)

3. Mayo Foundation for Medical Education and Research. "How much should the average adult exercise each day?" <http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916> (accessed Sept. 17, 2015)

4. National Institutes of Health. "Calcium Dietary Supplement Fact Sheet". <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/#h2> (accessed September 17, 2015)

5. National Institute on Aging. "Benefits of Eating Well." <http://nihseniorhealth.gov/eatingwellasyougetolder/benefitsofeatingwell/01.html> (accessed September 16, 2015)



This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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