

Tracking Your Health

Healthy habits every woman needs to know



As a wife, mother, sister, daughter and friend, you're used to putting other people first.

It's never too late (or too early) to start tending to the one person everyone's counting on: You. Fact is, many top health concerns are preventable, including heart disease and diabetes. And women diagnosed with these conditions are younger than ever.

35%

of early deaths in America could be avoided by changing just **three things**:

- Exercise
- Smoking
- Diet

Start

with five health habits that should be at the top of every woman's to-do list.

1. MOVE YOUR BODY

Fit more exercise into your schedule — experts recommend two hours and 30 minutes a week.

- Take a walk with friends or coworkers
- Walk or bike to the store
- Use the stairs instead of the elevator
- Play with the kids
- Choose the far spot in the parking lot

[Five surprisingly simple home workouts >>](#)



2. STOP SMOKING

Quitting smoking is the most important thing you can do to reduce your health risk.

- 20 minutes after quitting, your heart rate drops
- 2 to 3 weeks after quitting, your risk for having a heart attack drops
- 1 to 9 months after quitting, coughing and shortness of breath decrease
- 5 years after quitting, your risk of having a stroke is reduced to that of a non-smoker
- 10 years after quitting, your risk for cancers of the mouth, bladder, kidney and pancreas decreases

[Resource to help you quit >>](#)



3. IMPROVE YOUR DIET

A healthy diet helps you maintain a healthy weight, improves energy and lowers your cholesterol.

- Eat more fruits and vegetables
- Make the move to whole grains
- Switch to lean meats, such as chicken or fish
- Skip frying and grill, bake or broil instead
- Limit fat, sugar and processed foods

[Ten tips for packing healthy meals >>](#)



4. SCHEDULE A CHECK-UP

Network preventive care is covered 100% — ask your doctor which screenings are right for you.

- Pelvic exam, breast exam and Pap test
- Eye exam
- Skin exam
- Mammogram, starting at age 40
- Colonoscopy and colon cancer screening, starting at age 50

[Be proactive in taking care of your health >>](#)



5. KNOW YOUR NUMBERS

See how you compare to healthy targets and work with your doctor to keep your health in check.

- Blood pressure: <120/80
- Total cholesterol: <200
- Body mass index (BMI): 18.5 to 24.9
- Fasting blood sugar (glucose): 70 to 100



A coach can focus on you

Not sure how to get started? Getting healthier is easier with help from a trained wellness coach! Coaches are available to you and your covered family members at no additional cost as part of your Railroad benefits. All support is kept completely confidential.

- Aetna: Wellness Coach
1-866-213-0153
- Highmark Blue Cross Blue Shield:
1-866-267-3320
- UnitedHealthcare:
1-866-735-5685

Coming next month: Important preventive care reminders for men

The material contained in this article has been selected to provide background and useful information. It is not designed to replace either medical advice or medical treatment. Always seek the advice of a qualified physician or health provider for medical diagnosis and treatment.