

Tips for a Healthy Fall Season

Get Your Screenings and Yearly Check-Ups: Visit your doctor regularly for preventive services like cancer and diabetes screenings.

Get Your Flu Shot: An annual flu vaccine is the best way to protect you against the flu.

Practice Social Distancing: Stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.

Wear a Face Covering: Use masks to help slow the spread of COVID-19.

Boost your immune system: Drink plenty of water, eat healthy, nutritious foods with plenty of Vitamin C; and wash your hands often with soap and clean running water for 20 seconds to prevent sickness.

Eat Healthier: Delicious fruits, vegetables, whole grains, lean meats, and low-fat dairy products make healthy meals.

Get Your Sleep: Get at least 7 hours of sleep every night.

Rethink Your Drink: Drink water instead of sugary or alcoholic drinks to reduce calories.

Move More, Sit Less: Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Take Some Time for Yourself: Autumn and winter are nature's way of telling us to slow down. Start a journal or track your moods to get more in touch with how you're feeling.

Be Kind to Yourself: Listen to your body and give it what it needs. Don't beat yourself up! Try reframing negative thoughts into positive ones.

(Courtesy of Mary's City of Phoenix Retirement newsletter)