

9 Tips for a Healthy Spring

Spring is here! Celebrate the season with 9 healthy behaviors.



Get at least **150 minutes of physical activity** every week (try 30 minutes a day, 5 days a week).



Eat a **healthy diet** with more fruits and veggies and less salt, saturated fat, and added sugar.



Quit smoking. You can quit today! Call 1-800-QUIT-NOW for free support.



Get at least **7 hours of sleep** every night.



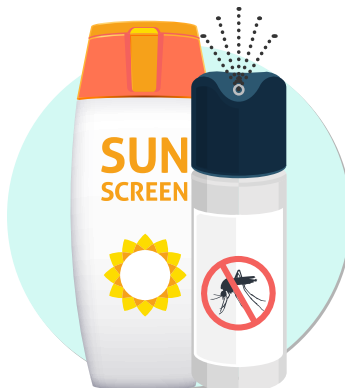
Stay up-to-date on your **cancer screenings**.



If you drink alcohol, **do so in moderation**.



Rethink your drink! Substituting water for sugary drinks is a good way to reduce calories.



Wear **sunscreen** and **insect repellent**.



Talk to your family and your doctor about your **family health history**.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease.