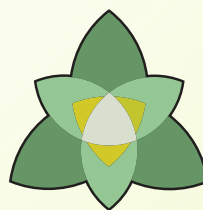


# How Can I Have a Healthier Lifestyle?

*Healthy activities and choices can positively improve well-being and prevent a variety of diseases.*

Transforming Lives.  
Building Community Well-Being.



**Trillium**  
HEALTH RESOURCES



## **Eat Wisely:**

- Eat a well-balanced, low fat diet
- Eat more fresh fruits, vegetables, and whole grains

## **Be Physically Active:**

- Healthy activity can be dancing, yoga, or sports
- Take a walk, hike or go running
- Garden or do yard work

## **Stop Using Tobacco**

- Set realistic goals for quitting tobacco use
- Using resources such as **Quit for Life®** to help quit tobacco use

## **Manage Stress**

- Stay connected with your family and friends
- Meditation and deep breathing exercises
- Talking to a health care provider

## **Sleep Well**

- Keep a regular sleep schedule every night
- Avoid alcohol, caffeine, and screen time before bed

## **Regular Check-Ups**

- Annual check-ups with your primary care physician can help find health conditions or diseases earlier

## **Drink Alcohol in Moderation**

- Never drink alcohol before or when driving
- Never get into a car with someone who has been drinking alcohol
- Do not drink alcohol when pregnant

### **Sources:**

U.S. Department of Health and Human Services. "Healthy Lifestyle." [HHS.gov](https://www.hhs.gov), last reviewed September 9, 2024. from QR



World Health Organization (WHO). "Everyday Actions for Better Health – WHO Recommendations." WHO/Europe, last updated July 17, 2025. from QR

