Top 10 Tips
Take Charge of your Health

1. Get an annual check up. Do it each year on your birthday if it helps you remember! Have your blood pressure, cholesterol and glucose levels checked.

2. To get more active, you don’t need a gym - step, march or jog in place for at least 15 minutes a day while watching your favourite TV shows.

3. Take a water bottle with you wherever you go. It’ll keep you hydrated and the bottle’s weight will strengthen your arms.

4. Keep packages of unhealthy food hidden in the pantry. Put raw veggies and fruits in front in the refrigerator and healthy snacks in the front of the pantry. You’re more likely grab the right food when you’re hungry, if that’s what you see first.

5. Eat right to control cholesterol. To help keep your cholesterol levels down, eat foods low in saturated fat, such as lean chicken or turkey (roasted or baked, with skin removed), fruits and veggies, low-fat or fat-free dairy products.

6. Shake the salt habit and lower your blood pressure. Salt might be disguised in food labels as sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG) and sodium citrate.

7. If you smoke, quit. On Day 1, cut the number of cigarettes you smoke by half. On Day 3, cut the number of cigarettes you smoke in half again. On Day 5, cut your smoking in half again. On your Quit Day, quit!

8. Excess weight increases your risk of heart disease, stroke and diabetes. To achieve steady, painless weight loss, go easy. Each day, eat 200-300 calories less than you would normally consume, and exercise at least 30 minutes on most or all days of the week.

9. Don’t let a slip up keep you down. If you get off your exercise schedule, have a cigarette or mess up on a meal, just get right ack on track toward re-establishing a healthy lifestyle.

10. Reward yourself! To maintain momentum with exercising, losing weight or quitting smoking, keep track of your achievements and reward yourself by doing something you enjoy.

Bermuda Hospitals Board