National Women's Health Week

The Department of Health and Human Services' Office of Women's Health recommends that women take the following steps to improve their physical and mental health, and potentially lower their risk of certain diseases:

1) **Get Physical**: Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week.
2) **Eat a nutritious diet.**
3) **Maintain a healthy weight**
4) **Avoid risky behaviors**, such as using tobacco, risky drinking, or not wearing a seatbelt regularly
5) **Visit a health care professional** to receive regular checkups and preventive screenings. Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Not to mention, screenings and routine care can help women lower their risks of many health conditions, including heart disease
6) **Take care of your mental health** by managing stress and getting enough quality sleep.

There are a number of ways that you need to take care of yourself; however, it is well worth it. **Start by talking to your health care professional**, and choose one or two things to focus on first. Then, as you have success in those areas, move on to your next victory. Remember, the better you take care of yourself, the more you'll be able to be there for those other important people in your life.