



8 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less



Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods



Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

TIP

Make half your plate fruits and vegetables and half your grains whole grains.

Choose Your Drinks Wisely



Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep



Adults need at least 7 hours of sleep per night.

DID YOU KNOW?

Children aged 6 to 12 need 9-12 hours of sleep per night.
Teens 13 to 18 need 8-10 hours of sleep per night.

Be Sun Safe

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

TIP

Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth



Brush twice a day with fluoride toothpaste.

Don't Use Tobacco



Call 1-800-QUIT-NOW for free support to quit smoking.

Learn Your Health History



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.

