

CDC's National Center for Chronic Disease Prevention and Health Promotion

9 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 9 healthy habits for spring.



Move More, Sit Less



Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Eat a Healthy Diet

Make 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.

Rethink Your Drink



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



Get Enough Sleep

Adults need at least 7 hours of sleep a night.



DID YOU KNOW?

Kids 6-12 need 9-12 hours of sleep a night. Teens 13-18 need 8-10 hours of sleep a night.

Quit Smoking



You can do it!
Call 1-800-QUIT-NOW for free support.

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.

Get Your Checkups

Visit your doctor regularly for preventive services like cancer and diabetes screenings.



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.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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