



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](http://www.cdc.gov/chronicdisease).



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National Center for Chronic Disease Prevention and Health Promotion

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