



# CUWell: Healthy Lifestyle Practices

## [Physical Activity]

- Exercise (example brisk walking) for at least 30 minutes 5 days a week
- To lose weight, more is better: 50 minutes 5 days a week
- Resistance training for all major muscle groups 2-3 times a week
- Get up and move frequently: if at a desk job, at least once every 90 minutes

## [Nutrition]

- Drink water. Avoid all sugary drinks, including sports drinks, soda, and juices
- Portion control: the average portion size is the size of your fist or approx. ½ cup. Check labels and measure if necessary. Eat off of a smaller plate. Never eat from box or bag
- No skipping meals
- Balanced meals include healthy sources of protein, fat, CHO with each meal
- See **handout** for food choices

## [Sleep]

- Get 7-9 hours per night and keep a consistent routine
- If problems with sleep, ask your provider for more information

## [Manage Stress]

- Get enough sleep each night
- Take a 10 minute walk during periods of stress at work
- Deep breathing 10 times to lower blood pressure
- Take a stress management class at the Sullivan Center!

## [Daily Supplements]

- Adequate calcium through diet (milk, yogurt, cheese, etc.) or supplements
- Vitamin D or probiotics
- Omega fatty acids (ex. Fish oil 1000mg 2x a day)

## [Alcohol Consumption]

- Limit alcohol to 1 drink per day if female, 2 drinks per day if male

## [Tobacco Use]

- Always avoid nicotine in any form (cigarettes, e-cigarettes, chewing tobacco, dipping, etc.). Ask your provider if you need help stopping! There are many resources available.