



Health and Wellness Tip of the Week - Week 22

Monthly Topic

This month features *Men's Health Week* so focus on healthy lifestyle and an annual checkup for men.



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Get Routine Maintenance for Yourself

Do you remember to take your car in for routine maintenance? What about a physical exam once a year for yourself? Just like your car, your health needs regular checkups. Make time for routine maintenance and make healthy lifestyle choices such as:

- Adding more fruits and vegetables to your diet
- Keeping serving sizes in check and watching salt, fat and empty calories
- Staying safe to help avoid injuries at work, home or play
- Taking part in 30 minutes of physical activity most days of the week
- Keeping vaccines and health screenings up to date
- Quitting smoking or not starting
- Losing some pounds if you are too heavy
- Limiting alcohol use

Sources: Centers for Disease Control and Prevention