



Nearly 40% of deaths in America can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse-behaviors practiced by many people every day for much of their lives.

Regular physical activity

Physical activity greatly reduces a person's risk from dying of heart disease, and decreases the risk for colon cancer, diabetes, and high blood pressure. Physical activity also helps to control weight; contributes to healthy bones, muscles, and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications.

Good nutrition

A diet that is low in saturated fats and contains five or more servings of fruits and vegetables each day, is vital in maintaining good health. Improving the diet of older adults could extend the productive life span of Americans and reduce the occurrence of chronic diseases such as heart disease, stroke, some types of cancer, diabetes, and osteoporosis.

Avoid Tobacco Use

Tobacco use increases the risk for diseases of the heart and cancer.