

# MLE - News in Health

MyLifeExpert.com Monthly Newsletter

April 2022

## 8 Strategies for a Healthy Spring



*Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.*

### Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity (e.g. at least 20 minutes a day or 30 minutes on 5 days) every week, plus muscle-strengthening activities at least 2 days a week.

### Eat a Healthy Diet

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

### 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 at 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.

### 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.

### Brush Your Teeth

Brush twice a day with fluoride toothpaste.

### Don't Use Tobacco

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

### Learn Your Health History

Talk to your family and your doctor about your family health history.

## Health Tips

- Wear sunglasses that block both UVA and UVB rays for the best protection.
- Make half your plate fruits and vegetables and half your grains whole grains.



## How to Sleep Better

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. Learn strategies for getting enough sleep in the [Sleep Deprivation and Deficiency Health Topic](#).

### It may help to:

- Spend time outside every day, if possible, and be physically active.
- Avoid nicotine and caffeine.
- Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
- Go to bed and wake up at the same time every day.
- Use the hour before bed for quiet time. Avoid exercise and bright light.
- Take a hot bath or use relaxation techniques before bed.
- Keep your bedroom quiet, cool, and dark.



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## National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day.

The NHOs in our April roundup help raise awareness about National Minority Health Month, World Immunization Week, and World Health Day.



- **National Minority Health Month**

This April, the theme of National Minority Health Month is Active & Healthy — and the [Office of Minority Health \(OMH\)](#) and [our Move Your Way campaign](#) are teaming up to promote the benefits of physical activity!

- **World Immunization Week**

The World Health Organization (WHO) is sponsoring [World Immunization Week](#) from April 24 to 30, and this year's theme is #VaccinesWork for All.

- **World Health Day**

This year on April 7, WHO celebrates [World Health Day](#) by highlighting the importance of nurses and midwives and calling for a strengthening of the nursing and midwifery workforce.

- **STD Awareness Week**

From April 10 to 16, the Centers for Disease Control and Prevention (CDC) recognizes [STD Awareness Week](#) to help people gain the tools and knowledge to prevent, test for, and treat STDs — and to eliminate STD-related stigma, fear, and discrimination.

***Together, we can take steps to improve the nation's health!***



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