

# Living Well Tip of the Week



The United States spends a greater percent of gross domestic product on health care than any other major industrialized nation (CDC)

## 10 Tips To Improve Your Health:

1. **Move More:** Make it a daily challenge to find ways to move your body.
2. **Eat Less Fat:** Reduce the amount of fat in your diet; every bit counts.
3. **Quit Smoking**
4. **Reduce Your Stress:** Find time to relax, laugh and use positive thoughts.
5. **Protect Yourself from Pollution:** Avoid smoke-filled rooms, highway congestion and exercise indoors during high smog days.
6. **Wear Your Seatbelt!**
7. **Floss Your Teeth:** Recent studies directly connect flossing with longevity.
8. **Avoid Excessive Drinking:** While studies show one glass/day can help; too much can cause disease of the liver and kidneys.
9. **Keep a Positive Mental Outlook**
10. **Know Your Genes:** Though genetics are powerful links to disease, most conditions improve by being healthy.

Browse your Living Well Health Manager for specific advice on all these Tips: go to [www.webmdhealth.com/UT](http://www.webmdhealth.com/UT), select *Living Healthy*