GET ENOUGH SUN

**The benefits of sunlight on your health are:**
- Strengthens your body
- Fights depression
- Improves your sleep
- Reduces your stress
- Early in the morning before peak temperatures

*During extreme hot seasons, it is safer to get your daily sun exposure before 9am*

**Sunlight helps your body to make vitamin D that keeps your calcium levels stable.**

**Activities that you can do to get daily sun**
- You can walk your dog
- You can do gardening
- Remember to wear sunscreen at least 30 SPF
- Get 30 minutes

GET ENOUGH SLEEP

**Better sleep** = **Better health**
- Better mood
- Better memory

**Can’t sleep? TRY this …**
- Reduce your bright light and TV time before bed
- Light up oil diffuser
- Plan a routine and stick to it
- Cutoff caffeine later in the day
- Children and teens need MORE than

- 7 hours Adults need at least
- 8 hours

BE MINDFUL

**How can you practice mindfulness?**
- Work on your breathing
- Go for a nature walk
- Keep a journal
- Take a warm bath

**It helps you manage stress, anxiety, and depression**

**Be kind and patient with yourself; you have been through a lot in this pandemic.**

FREE RESOURCES

**Call 2-1-1 to request help on:**
- Housing and eviction
- Food insecurity
- Transportation needs
- Mental services
- and more

**Consider connecting with your community centers, local libraries, parks, and religious organizations for …**
- Workshops
- Local hiking
- Bird watching clubs
- Arts and crafts
- Reading clubs
- Free yoga
- and more

**Watch this video for strengthening exercises with household items**

**Watch this video for tips and exercises for older adults**
https://www.choosept.com/health-tips/maintaining-health-fitness-tips-exercises-older-adults

**National Suicide Prevention and Crisis Lifeline**
Call 1-800-273-TALK (8255)

WELLNESS TIPS

**Adapted from the following references (February 2022):**
World Health Organization: https://www.who.int/Initiatives/BeHealthy/Healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20healthy%20diets.

*This educational material does not provide medical advice. Always confirm with your doctor before changing your health care regimen.*

This work is funded in part by the Arizona Department of Health Services (Contract No: CTR056154), with funding from the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC) through the COVID-19 Health Disparities Grant. The views expressed are the sole responsibility of AHEAD and do not necessarily reflect the views of the Arizona Department of Health Services or the United States Government.
EAT HEALTHY AND NUTRITIOUS FOODS
A balanced diet is important for good health and nutrition.

- It protects you against heart disease, diabetes, obesity, and cancer.
- It helps you to maintain optimal weight.
- It boosts your mood and helps you cope with stress and anxiety.

Follow this recipe to eat healthy

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>WHOLE GRAINS</th>
<th>FRUITS</th>
<th>HEALTHY PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 of your plate: the greater the variety, the better. Try fresh and raw.</td>
<td>1/4 of your plate: grains have fiber that can improve your digestion.</td>
<td>1/4 of your plate: proteins build, repair, regulate, and supply oxygen to your cells. Go lean with protein.</td>
<td>1/4 of your plate: proteins build, repair, regulate, and supply oxygen to your cells. Go lean with protein.</td>
</tr>
</tbody>
</table>

**HEALTHY PROTEIN**
- 1/4 of your plate: proteins build, repair, regulate, and supply oxygen to your cells. Go lean with protein.

**HEALTHY FATS AND OILS**

<table>
<thead>
<tr>
<th>DAIRY</th>
<th>SALT INTAKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium and vitamin D rich foods fortify your bone growth.</td>
<td>Less than a teaspoon per day helps reduce your blood pressure.</td>
</tr>
</tbody>
</table>

- 1% or skim milk
- Greek yogurt
- Natural or low-fat cheese (e.g., panela cheese)
- Olive oil
- Soybean oil
- Canola oil
- Avocado

**WATER DAIRY**
- Drink water, tea, or coffee (with little or no sugar).
- 1-2 servings per day of dairy/milk

**HEALTHY AND NUTRITIOUS FOODS**

- Colorful bell peppers
- Leafy greens
- Asparagus
- Broccoli
- Quinoa
- Brown rice
- Oatmeal
- Sweet potato
- Wheat pasta

**STAY HYDRATED**

- Water is the most important nutrient and is involved in every function in your body.
- It maintains a healthy blood level.
- Dehydration can make your blood thick, which can cause heart diseases.

- Drink water with fruit and no sugar per hour
- Carry water with you

**STAY ACTIVE**

Physical activity helps your physical, mental, and social health by improving your...

- Strength
- Endurance
- Breathing capacity
- Stress and anxiety level

Listen to your body and plan to ...

- Take the stairs
- Walk
- Run
- Bike
- Do some gardening in your yard
- Park at the end of the parking lot

**30 minute sessions**
**5 days a week**

*Remember to stretch daily*

**More tips...**

Read your nutrition labels

Search for:
- Low % sugar
- Low % sodium
- Low % trans and saturated fat

Make an eating schedule

- 3 meals and 2 snacks (do not skip your meals)
- If your work schedule permits, plan your meal and grocery list.

- To remove the salt shaker from your table
- To get "iodized or fortified" salt

Remember, try to self-discipline and avoid “emotional eating” due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic.