

Healthy Habits

Tips and resources for living well



The Importance of Prevention

It's important to be proactive about taking care of our health, and the sooner we start the better. Follow these general tips:

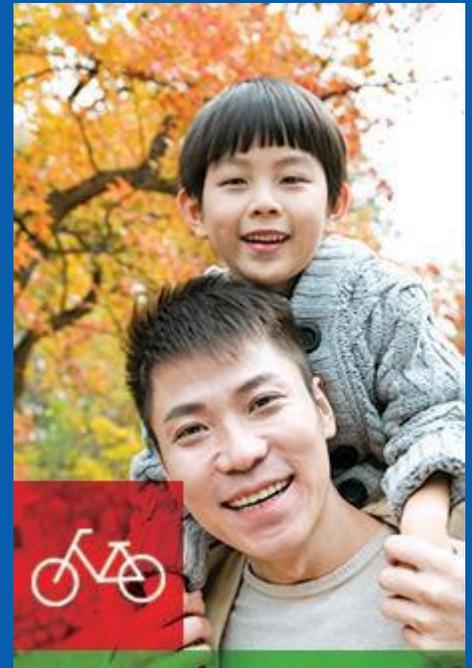
- **Diet and Exercise.** A good foundation is eating a balanced diet low in salt, fat, and added sugars, and featuring fresh fruits and vegetables, whole grains, and lean protein. Combining that with about 150 minutes of exercise a week is one of the most important and effective things you can do for your overall health.
- **Know Your Numbers.** Getting your blood pressure, blood sugar, cholesterol and body weight checked regularly can help lower your chances of developing a serious condition.
- **Get Recommended Cancer Screenings.** A mammogram or colonoscopy, for example, can detect early signs of cancer, potentially saving your life.
- **Pay Attention to Symptoms.** Let your doctor know if you notice any new changes in your body, for example skin problems or lumps, changes in stool and urine color, or abnormal thirst or hunger.
- **Stay Mentally Healthy.** Addressing stress or other emotional issues can help maintain both mental and physical health. Consult your doctor if you have questions about any of the above.



Fall into Fitness with Your Family

Staying physically active is key to overall health and wellness, and with the seasons changing, you may be interested in new ways to keep your family exercising. But being active doesn't necessarily have to feel like exercise—there are lots of ways to make it fun! Try any of the following ideas:

- **Walking** - This is by far one of the most universal exercises that nearly anyone can enjoy. It is a good weekday activity as you can always find a few minutes to take a quick walk!
- **Bike rides** - With proper equipment like helmets and awareness of traffic patterns, bike rides can be a safe and family-friendly activity. Take quick rides after dinner or plan for a longer ride on the weekend.
- **Visit a park** - Parks are a nice place to enjoy a bike ride or walk. Exploring nature trails and paths while enjoying the outdoors can be beneficial to both physical and mental health.
- **Play physical games** - Whether you're in your own backyard or at a park, playground, or local field, the opportunities for physical activities are almost endless. Games like tag, jump rope, basketball, soccer, softball, volleyball, and many more are great ways to get your kids (and you!) moving.





Breast Health Tips

Breast cancer can strike anyone, both women and men of any age—regardless of a family history of the disease. It's important for you and your loved ones to visit your doctor and follow the measures below to keep healthy—it can even save a life!

- **Know the Risks.** Your doctor can help determine your personal risks. Be sure to let your physician know if a family member has been diagnosed with breast cancer.
- **Be Alert to Changes.** Tell your doctor about any changes you may see or feel—including a lump, pain, discoloration, or anything else that concerns you.
- **Get Screened.** Ask your doctor about getting a mammogram— which helps detect cancer in its earliest, most treatable stage.
- **Adopt Healthy Lifestyle Changes.** There are no sure ways to prevent breast cancer. However, making certain lifestyle changes may reduce your risk. Get regular exercise, maintain a healthy weight, avoid or limit alcohol, and stop smoking.

If you have questions or concerns, don't hesitate to speak with your doctor.

Domestic Violence Awareness Month

Get information about domestic violence that could help someone in need.

If you are in immediate danger, please:

- Call 911.
- Contact your local hotline.
- Contact a national hotline:
- Call the U.S. National Domestic Violence Hotline: 1-800-799-7233 (SAFE) or TTY 1-800-787-3224.
- Call, text or chat Love Is Respect—the U.S. National Teen Dating Violence Helpline: 1-866-331-9474 or TTY 1-866-331-8453, text "loveis" to 77054 or live chat at <http://www.loveisrespect.org>.
- Call the U.S. National Sexual Assault Hotline: 1-800-656-4673 (HOPE), which automatically connects you to a local U.S. rape crisis program based on the area code of your phone number. Secure, online private chat is available at <https://ohi.rainn.org/online/>.

Remember: Corded phones are more private and less able to be intercepted than cordless phones or analog cell phones.

Be Aware: You may not be able to reach 911 using an Internet phone or Internet-based phone service, so you may need to be prepared to use another phone to call 911.

Contact your local domestic violence program, shelter, or rape crisis center to learn about free cell phone donation programs.

Tips for Using Technology

If you think your activities are being monitored, they probably are. Abusive people are often controlling and want to know your every move. You don't need to be a computer programmer or have special skills to monitor someone's computer and Internet activities. Anyone can do it and there are many ways to monitor with programs like Spyware, keystroke loggers, and hacking tools.

It is not possible to delete or clear all the "footprints" of your computer or online activities.

If you are being monitored, it may be dangerous to change your computer behaviors such as suddenly deleting your entire Internet history if that is not your regular habit.

If you think you may be monitored on your home computer, be careful how you use your computer since an abuser might become suspicious.

You may want to keep using the monitored computer for innocuous activities, like looking up the weather. Use a safer computer to research an escape plan, to look for new jobs, apartments or bus tickets, or to ask for help.

Email and Instant/Text Messaging (IM) are not safe or confidential ways to talk to someone about the danger or abuse in your life.

If possible, please call a hotline instead. If you use email or IM, please use a safer computer and an account your abuser does not know about.

Computers can store a lot of private information.

This includes what you look at via the Internet, the emails and instant messages you send, Internet-based phone and IP-TTY calls you make, Web-based purchases and banking, and many other activities.

It might be safer to use a computer in a public library, at a community technology center (CTC), at a trusted friend's house, or at an Internet Cafe. Modern technology and social networks change frequently. Educate yourself by reading about the NRCDF's Tech Safety Resources at <http://vawnet.org/special-collections/TechSafety.php>. This special collection of selected articles, fact sheets, papers, reports and other materials are designed to assist advocates and survivors interested in understanding the safe use of technology.