

Healthier — You —

A Family Doctor's Guide to the Fundamentals of Better Living



THINK CRITICALLY

The most beneficial actions for better health are surprisingly simple. Focus on doing what works!



CHANGE YOUR HABITS

Start by rediscovering your true reasons to be healthy, adjusting your environment to make it easier to make changes, and then set realistic goals.



EAT REAL FOOD

It is best to focus on your eating behaviors to help maintain and achieve a healthy weight. Cook more, consume mostly plants, and minimize processed foods and liquid calories.



MOVE YOUR BODY

Increase activity by making your regular day "harder"—stand more, use the stairs, and park further away. Also include as much enjoyable exercise as possible, knowing it's all valuable.



SLEEP AT LEAST 7 HOURS

Go to bed and get up at the same times every day. Reserve your bedroom for sleep and "recreation," not TV, working, heavy discussions, texting, or social media.



QUIT SMOKING

Smoking is body pollution and only relieves a sense of withdrawal. Find a way to free yourself from your tobacco addiction—and don't give up on giving it up.



ENJOY YOUR LIFE

Research shows that 40% of our happiness is determined by our own choices. Improve your outlook by finding your purpose, focusing on gratitude, being kind to yourself and others, and connecting with people.



VACCINATE YOURSELF AND YOUR CHILDREN

The science is clear: vaccines are safe and they work. Keep yourself and your loved ones safe by ensuring your immunizations are up to date.



SCREEN APPROPRIATELY

If you cannot prevent illness outright, then detecting disease before you have any symptoms is the next best thing. Talk to your doctor about recommended screening, as well as the pros and potential cons of testing.



SUPPLEMENT CAUTIOUSLY

Using supplemental products or therapies should be in addition to the priorities outlined above. Consider the specific benefit you are hoping to achieve, the quality of evidence, the potential for harms, the cost, and the convenience.

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