



## PREVENTION is the Best Medicine

Being healthy is a big deal. Practicing proactive strategies to stay healthy can offer endless physical, emotional, and mental benefits. Identifying your inner motivation is a great start. What might it take today to be one step closer to improving your energy, quitting smoking, lowering your blood pressure, or reducing stress?

Here are a few ways you can be proactive about your health:

- **Stay active.** Keep your body in motion, and it will help you stay in motion for years to come.
- **Increase conversations with your doctor.** Speak often and openly; ask questions or request explanations or additional support.
- **Put nutrition first.** Seek nutrient-rich foods, healthy drinks, and smaller portions.
- **Experiment.** Try different ideas, strategies, and approaches until you find what feels right for you.

Remember there is no age minimum or limit to begin living your healthiest lifestyle.