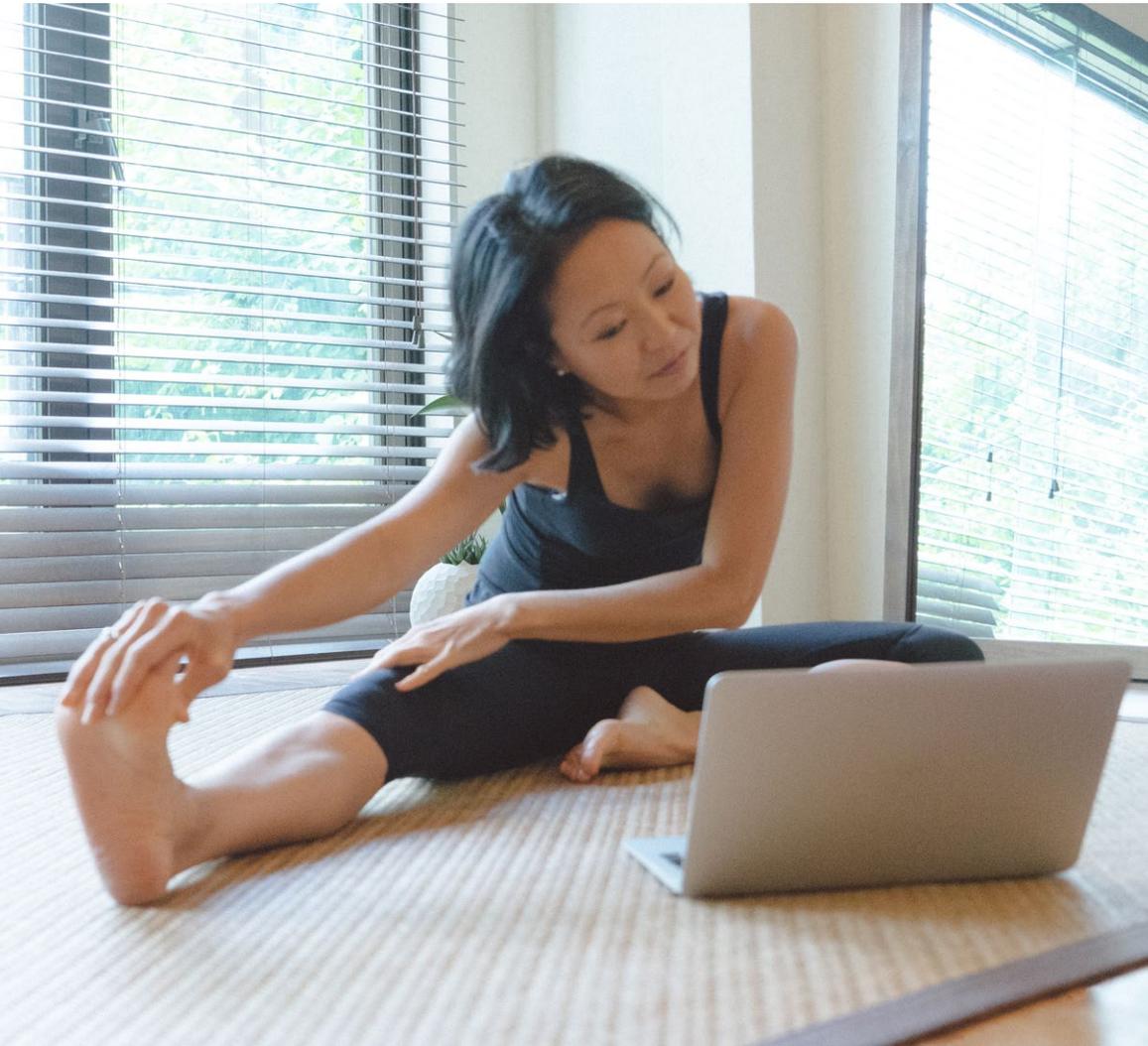




5 ways to boost women's health



To look and feel your best at every age, it's important to make smart lifestyle and health choices. Here are five simple things that women can do to ensure good health:

1. Eat a healthy diet.

That means a variety of fresh fruits and vegetables and fewer processed foods, and be sure to include low-fat dairy products. Depending on their age, women need between 800 and 1,500 milligrams of calcium daily to help avoid osteoporosis.

2. Exercise.

Heart disease is the leading cause of death among women in America, but exercise can help keep your heart healthy. Try to exercise at least 30 minutes a day or move your body and be active most days a week. Walking, swimming, jogging, bicycling and dancing are all good choices to work your heart and send more oxygen to your body.

3. Avoid risky behavior.

The most important part of a healthy lifestyle appears to be not smoking. Women who smoked one to 14 cigarettes a day tripled their heart disease risks. If you drink alcohol, do it in moderation. Women can safely consume about one drink a day.

4. Manage stress.

Women deal with a lot of pressure and stress. Over 70% of married women with children under the age of 18 are employed outside the home, while juggling their responsibilities as a wife and mother. Stress is hard to avoid, but you can learn to cope and even enjoy your busy life with the help of relaxation, visualization, exercise and getting enough sleep. Visit the StayWell portal for mindfulness and meditation workshops.



5. Check for breast cancer.

While the American Cancer Society no longer recommends monthly breast self-exams for women, it still suggests them as an option for women, starting in their 20s. If you notice any changes, report it to your doctor. If you're 40 and older, get a yearly mammogram. It's the most effective way of detecting cancer in its early stages, when it's most treatable.

If you follow these five simple healthy living tips, you can help improve your quality of life today and for years to come.