

Your health: It's your responsibility



TAKE CHARGE!

What do we mean by health being your responsibility? It's the attitude that puts you in charge of your own health. More and more Native Americans are taking charge of their exercise, eating, lifestyle and health habits, and are happier for doing so. Research shows that people who are firmly committed to taking charge of their health have an increased sense of well-being, feel confident in their appearance, and overall, are more satisfied with their lives.

Learning how to take charge of yourself and your health is easier than you may think. The first step toward quality health care is self-care. Self-care allows you to become a vital member of your health care team. Self-care means knowing when to treat an ailment at home and when to call your doctor. It also means avoiding unhealthy lifestyle choices such as smoking, alcohol and drug misuse, inactivity, and poor eating habits. Finally, self-care means becoming an active participant in your health care choice.

Habits for health

Given the choice, most of us would prefer to prevent a disease before it happens rather than be treated for an ailment after the fact. Fortunately many of the life-threatening diseases affecting us today—such as cancer, high blood pressure, and heart disease—can often be prevented by making healthy lifestyle choices. Stopping smoking, restricting alcohol and drugs, becoming more physically fit, and eating foods that are low in fats and cholesterol and high in complex carbohydrates are all wise choices for healthier, happier, longer lives.

Health Care and Self-Care

Self-care means taking charge of your own health and wellness. And when professional treatment is required, it means asking questions, understanding your options, and when necessary, getting a second opinion. Participate in your health.

This special insert is offered to community members as a guide to improved fitness and health. All information

included was provided by the Warm Springs Wellness Office and OSU Extension Service.