

# FIVE MINUTES OR LESS FOR HEALTH



**T**he Center for Disease Control and Prevention offers a nifty feature on its website: Five Minutes or Less for Health.

A recently weekly tip urged people to “make health your resolution” in 2015. The feature offered several ways to boost your health, fitness, and well-being—as well as “be an inspiration to others”

So here they are:

- **Make healthy food choices.** Grab a healthy snack on the go. Eat more fruits and vegetables

- **Be active.** Take the stairs instead of the elevator. Park farther away and walk.

- **Protect yourself from injury and disease.** Put on a helmet, sunscreen, or insect repellent. Wash your hands for 20 seconds.

- **Manage stress.** Don’t overschedule or overcommit. Take short breaks throughout the day.

- **Make an appointment** for check-up, vaccination, or screening.

- **Quit smoking.** Call 1-800-QUIT-NOW for free counseling on how to quit smoking for good.

**For more information,** visit [www.cdc.gov/family/minutes/tips/](http://www.cdc.gov/family/minutes/tips/).

