

# Top 10 Tips for a Healthier 2010

2010 is a great time to get started on the path to a healthier life! It all begins with you.

Here are a few easy-to-achieve tips we've gleaned from our staff experts and our peers elsewhere in the country, including the Centers for Disease Control and Prevention (CDC):

1. **Take action:** Our medical providers tell us what to do to improve our health, but sometimes we don't follow through. Commit that 2010 is the year you will engage in healthier activities and behaviors.
2. **Stay healthy at any age:** Prevent disease by getting certain health screening tests. Diseases found in the early stages are easier to treat and cure. Men and women require different screening tests that take into account family history and age.
3. **Update immunizations:** Immunizations have eliminated small pox, virtually eliminated polio and dramatically reduced death and disability from many diseases. Kids need immunizations; so do adults. It's not too late to get your H1N1 flu or seasonal flu vaccination!
4. **Wash your hands:** Proper handwashing is the most important single step you can take to protect your health.
5. **Eat healthier:** Set goals you can accomplish. Eat breakfast every day and make a conscious effort to eat smaller portions. Get started by eating healthier foods.
6. **Rethink your drink:** Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages. Carry a water bottle and refill it throughout the day. Drink alcohol only in moderation and do not drive while drinking.
7. **Engage in physical activities:** Find some fun, creative ways your friends and family can spend time being active. Start walking a few times per week for 20 minutes or take the stairs rather than the elevator, or start swimming, hiking or biking.
8. **Be tobacco-free:** You'll breathe better and cough less. You'll have better senses of taste and smell. You'll save money and live longer. Get with the Colorado QuitLine (800) QUITNOW.

9. **Prepare for emergencies:** There are many kinds of emergencies—fires, thunderstorms—and this time of year, colder weather and snowstorms. Take these action steps to prepare at home and in your vehicle.
  
10. **Install carbon monoxide detectors:** To protect yourself and your family from carbon monoxide poisoning, install battery-powered carbon monoxide detectors on each level of your home.