

Health Tips for Women on International Women's Day





Get Regular Health Check-Ups



Get an annual physical exam

Schedule a checkup with your doctor to review your health, get preventive screening tests, and discuss any concerns.



Get a mammogram

Women should start getting annual mammograms at age 40 to screen for breast cancer.



Get a Pap test

Pap tests help detect cervical cancer early. Get them every 3 years starting at age 21.



See your dentist

Get your teeth cleaned and checked twice a year to maintain good oral health.

Scheduling regular preventive exams and tests can help detect issues early, when they are most treatable.



Eat a Balanced Diet

Fruits

Eat plenty of fruits like apples, bananas, berries.

Vegetables

Eat plenty of vegetables like spinach, broccoli, carrots.

Whole Grains

Eat whole grains like brown rice, quinoa, whole wheat bread.

Lean Protein

Eat lean protein like chicken, fish, beans, lentils.

Healthy Fats

Eat healthy fats like avocados, olive oil, nuts.



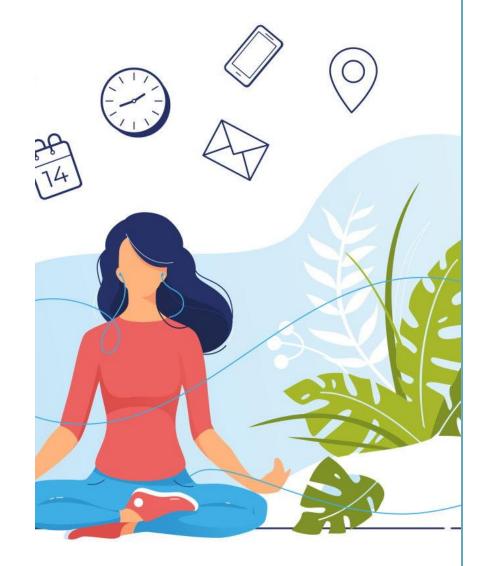
Stay Physically Active

Aim for cardio exercise for 60 minutes per week

Aim for strength training for 30 minutes per week

Aim for flexibility exercises for 30 minutes per week

Aim for walking or jogging for 30 minutes per week





Manage Stress

Yoga, meditation, deep breathing exercises, and massages can help you manage stress.

Make time for hobbies, social activities, and relaxation.

A healthy lifestyle promotes overall wellbeing.



Get Enough Sleep

 Aim for 7-9 hours of sleep per Create a restful bedroom night
 environment

Adults should get 7-9 hours of sleep per night for optimal health and wellbeing. Consistently getting less than 7 hours is linked to adverse health outcomes.

Make sure your bedroom is quiet, completely dark, and cool in temperature (around 65°F). Remove electronic devices and avoid stimulating activities before bed.

 Maintain a regular sleep schedule

Going to bed and waking up at consistent times reinforces the body's natural sleepwake cycle and promotes better sleep.

Avoid Unhealthy Habits

Don't Smoke Cigarettes

Cigarette smoking greatly increases the risk of lung cancer, heart disease, stroke, and other health issues.

Limit Alcohol Intake

Excessive alcohol consumption can lead to liver disease, certain cancers, mental health issues, and addiction.

Avoid Illegal Drugs

Illegal drug use is associated with addiction, infectious diseases, overdose, and other severe health consequences.

Practice Safe Sex

Always use protection during sexual activity to prevent sexually transmitted infections and unplanned pregnancy.

Make Healthy Choices

Choosing healthy habits leads to better physical and mental wellbeing.



Practice Good Hygiene



Wash hands regularly

Use soap and water to wash hands for at least 20 seconds, especially after using the bathroom, before eating, and after blowing your nose.



Brush and floss teeth

Brush teeth thoroughly twice a day and floss daily to remove food debris and plaque that can cause cavities.



Bathe daily

Take a full body bath or shower daily using soap, water, and shampoo to keep your body clean.



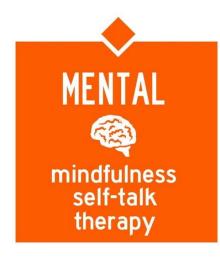
Wash clothes/bedding frequently

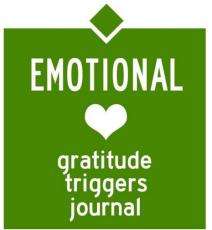
Wash clothes, towels, sheets and blankets regularly in hot water to kill germs and remove dirt and odor.

Practicing good personal hygiene through handwashing, bathing, oral care, and laundry helps prevent illness and maintain health.

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Make Time for Yourself

Taking time for yourself is so important. Set aside time each day or week to do something just for you - whether it's reading, exercising, meditating, or simply relaxing. Selfcare helps reduce stress and gives you the energy to be there for others.



Get Regular Health Screenings

Get a Pap test

Women ages 21-65 should get a Pap test every 3 years to screen for cervical cancer. Those with risk factors may need them more often.

Get STD testing

Sexually active women should get tested for chlamydia, gonorrhea, HIV and syphilis. Testing frequency depends on risk factors.

· Get a mammogram

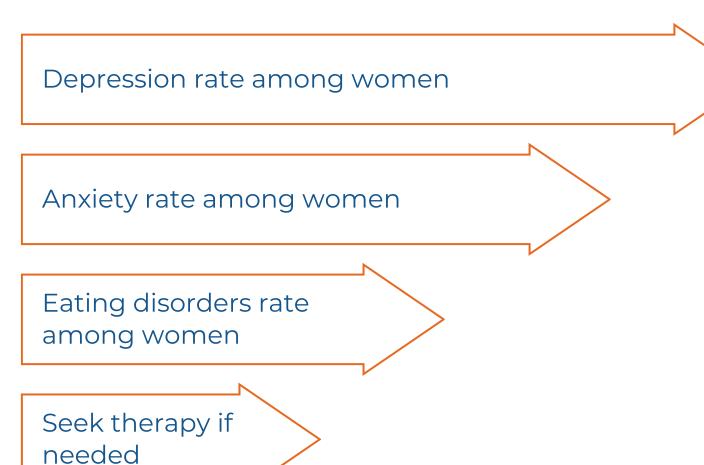
Women ages 40-44 should start getting annual mammograms. Those 45-54 can switch to every other year.

Get blood work

Get cholesterol, blood sugar and thyroid levels checked. Discuss with your doctor how often based on risk factors.



Seek Help for Mental Health





Eat a Balanced Diet

Eat plenty of fruits and vegetables. Consume healthy fats

Aim for 5-9 servings of fruits and vegetables per day for a healthy, balanced diet. Keyword: apple

Choose unsaturated fats like olive oil, avocados, nuts and seeds. Keyword: avocado

Choose whole grains

Opt for whole grains like brown rice, quinoa, and oatmeal instead of refined grains. Keyword: rice

Limit sugar, salt and unhealthy fats

Reduce intake of processed foods, fatty meats, sugary drinks, salty snacks and trans fats. Keyword: donut

· Include lean protein

Eat lean meats like chicken, fish, eggs and plantbased proteins like beans and lentils. Keyword: chicken



Exercise Regularly

TodayWalk briskly for30 minutes 5days this week

In 2 weeksAdd joggingfor 15 minutes2 days thisweek

In 1 week
 Increase brisk
 walking to 45
 minutes 5 days
 this week



""Aim for 7-9 hours of sleep per night to give your body the rest it needs to restore itself." - Dr. Emily Thomas, Sleep Medicine Specialist"

DR. EMILY THOMAS, SLEEP MEDICINE SPECIALIST



Manage Stress



Try yoga Yoga can help relieve stress and improve

flexibility



Practice meditation

Meditation can calm
the mind and reduce
anxiety



Go for a walk
Walking releases
endorphins which
reduce stress



Talk to friends
Confiding in friends
provides emotional
support

Using healthy stress relief methods can improve your mood and overall wellbeing.



Do Self-Exams

Every month
 Do a breast
 self-exam to
 check for any
 lumps or
 changes.

Age 45Get amammogramevery year.

Age 30-65Get a Pap testand HPV testevery 5 years.

Age 40Get amammogram.

Age 21-29Get a Pap test every 3 years.



""Struggling with mental health issues is not a sign of weakness. Seeking help from a professional shows strength and self-awareness." - Anonymous"



Practice Safe Sex



Use condoms

Condoms provide a barrier against bodily fluids to prevent STIs and pregnancy.



Use other barrier methods

Dental dams and female condoms also prevent STIs.



Get tested regularly

Know your STI status through regular screening.

Safe sex practices protect health and prevent unintended consequences.



Stay Social

Present
 Schedule
 weekly video
 calls or
 meetups with
 friends.

Present
 Make time for family dinners or activities.

Future
 Offer support
 through major
 life events and
 transitions.

Present
 Join community
 groups or
 classes to meet
 new people.

Future
 Plan reunions
 and trips to visit
 long-distance
 loved ones.

Future
Set shared
goals like
exercise
challenges.



Drink Water





Aim for 8 cups of water spread throughout the day to stay hydrated.



Carry a water bottle

Having a water bottle on hand makes it easy to drink water regularly.



Choose water over sugary drinks

Water has no calories and is the healthiest beverage choice.

Staying hydrated by drinking plenty of water every day supports overall health.

