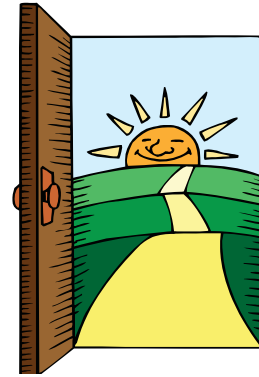


Starting on the Road to Healthy Living



Healthy living makes a positive impact on many areas of our lives. Healthy living is not only about feeling good physically. Physical well-being improves mood, decreases risk for chronic illnesses, such as diabetes and hypertension, and improves your quality of life, which in turn can increase satisfaction with our life and relationships. Like many Americans, people diagnosed with psychiatric illnesses may practice unhealthy lifestyle habits such as lack of regular physical activity, poor nutrition and over eating, smoking and other drug abuse, not visiting health care professionals regularly, and not getting enough sleep. These unhealthy behaviors may increase the risk for disability and illnesses such as obesity, heart disease, diabetes, and sometimes even cause premature death.

The good news is people can choose to live a healthier life! Developing a healthy lifestyle does not have to be overwhelming. It can be a step-by-step process making small changes towards the bigger goal of “Complete Wellness.” It is important to recognize where you are on the “Road to Healthy Living,” and to set goals that are important to you as you make this journey. You are now taking your first step.

Congratulations!

6 Steps Towards Healthier Living



1. Remember, your health is a very important part of your recovery plan. The recovery process should reflect all aspects of your life including your physical well-being. **Continue with your mental health and recovery plan.**
2. **Make healthy food choices every day.** Try a piece of fruit for dessert instead of a cookie or ice cream, or try drinking water instead of soda.
3. **Daily physical activity of 30 minutes or more** can improve your overall health and reduce the risk of disease (you can even break that up into 10 minutes 3 times a day).
4. **Find a balance between relaxation and stress.** Unfortunately, during times of stress some of us turn to less helpful coping strategies like smoking or eating too much.
5. Make sure you have a primary care practitioner. **Get regular physical health check-ups and exams.** Schedule yearly vision and dental exams and other screening tests as needed.
6. **Take control of addictive behaviors.** Part of the recovery process is attending to all issues that impact our health and wellness and make a difference in the quality of our lives. Addressing addictive behaviors including alcohol and other drugs including tobacco and caffeine are important.



How many cigarettes per day do I smoke: _____

How **interested** are you in learning more about tobacco?
Please check one box.

1	2	3	4	5	6	7	8	9	10
Not at all interested			Average Interests				Extremely Interested		

To learn more about your overall health, you may wish to fill out the **On the Path to Healthy Living Questionnaire** (Section 8 Appendix/Forms) located in the back of this book. It can help you see how you are doing with all **six steps** towards healthier living. It may also help you start a conversation with your doctor, or other people who support you, on your journey towards “Complete Wellness.” For information about determining if you are at a healthy weight look at **Body Mass Index (BMI) for Adults** information found in Section 8. It can help you learn more about weight compared to height, and if you are at an increased risk of developing weight related health concerns such as diabetes or hypertension. Later in this book, we will give you information about what you can do to improve healthy eating, physical activity patterns, and stress, to reduce your risk of getting these problems.

The major focus of this book is about one of the most harmful health choices that some people make: tobacco use. You will learn how smoking affects your health so that you can make the best possible choices about your life and your health!



... Get ready

to take your next step on the road to Healthy Living.

Turn the page ...