

YOU FIRST



Women sometimes put the needs of others before their own. Yet, doing so may cause them to neglect their own health. That's why it's especially important for women to be aware of their health status and put themselves first from time to time. Here's how:



MAKE HEALTH A PRIORITY

Take care of yourself through nutritious eating and regular physical activity to maintain a healthy weight. If you drink, limit your alcohol consumption to no more than a drink a day. Avoid tobacco and recreational drugs.



KNOW YOUR RISKS

Take a preventative approach for those health risks which are controllable, as above. Yet, some health risk factors are beyond your control—so know your family medical history.



CHECK YOURSELF

Visit your health care provider annually for a physical and any necessary screenings. Don't be afraid to talk about sensitive topics—like reproductive and sexual health, as well as domestic or interpersonal issues.

So start today. You're worth it!