



Healthy Living *tips*



Family Health Awareness



Healthy Living *tips*



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Eating Right

The Dietary Guidelines for Americans, published by the Department of Health and Human Services and the Department of Agriculture, say a healthy diet should include plenty of fruits, vegetables, whole grains, low-fat milk products, lean meats, poultry, fish, beans, eggs and nuts. Balancing food choices is vital for the body to get all its needed nutrients and should include fiber, potassium, and vitamins A and C.



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Active Living

Fitness is critical to the readiness, mental and physical health, and productivity of service members and to those not in uniform.

The perks of staying physically fit reduce your risk of:
Cardiovascular disease, Diabetes, and other diseases



Regular activity will help you lose and maintain a healthy weight.



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Mental Well-Being

A positive mindset allows you to realize your full potential, cope with the stresses of life, work productively and make meaningful contributions to your community.



Too often, people fail to reach out for help until they are in the midst of a crisis. If you feel as though you or a close family member needs help, don't wait until the situation worsens. Help is available!



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Tobacco-Free Living

The fight against nicotine addiction is the fiercest and deadliest battle that many will ever fight. Smoking can cause cardiovascular and pulmonary disease and cancer. It can also increase your chances for hospitalizations, missed workdays, failed fitness evaluations and impaired night vision.



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Resources

Department of Defense is dedicated to the health and resilience of individuals and families throughout the military community. To find out how to make healthy living a priority visit:

www.defense.gov/home/features/2012/0812_live-well

Looking for Nutrition information for you and your family? Visit www.nutrition.gov for an easy way to access government information on food and nutrition.

Information on how to stay physically fit and how to keep a positive outlook can be found at www.tricare.mil/healthyliving.

Are you looking to kick the tobacco habit? There are plenty of resources to help at www.ucanquit2.org.



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