Healthy habits for long-term health

Some of the most common — and serious — health problems can be prevented or delayed with healthy habits and early detection. That's why it's so important to make smart choices, get regular screenings, and know what's going on with your body.

Know your numbers

Keep tabs on your blood pressure, cholesterol, and blood sugar. If they're too high, a healthy diet and regular exercise can help reverse your risk for heart disease, stroke, and type 2 diabetes.

Watch your waist

Carrying extra weight – especially around your middle – can lead to heart disease and type 2 diabetes. The good news is that losing just 5% to 10% of your body weight can help reduce your risk.[1]

Work in more workouts

Just 30 minutes of exercise 5 days a week can reduce your risk for heart disease and high blood pressure.[2] It can also relieve symptoms of depression as effectively as certain medications – with no side effects.

Visit **kp.org/prevention**.

[1] "Losing Weight," Centers for Disease Control, February 2018, www.cdc.gov/healthyweight/losing_weight/index.html, accessed December 5, 2019.

[2] "Exercise is Medicine® Fact Sheet," American College of Sports Medicine, 2015, exerciseismedicine.org.

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