

NATIONAL WOMEN'S HEALTH & FITNESS DAY

Stay Well, Stay Safe

September 24, 2020- September 30th marks National Women's Health & Fitness Day, a day highlighting the importance of regular physical activity and health awareness among women. Now is the perfect time to encourage the women in your life to take care of themselves by eating well, exercising, and seeking regular medical care so they may live long and healthy lives.

So, what can women do to be healthier?

It's simple. Take action!

- **Eat Well-** add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.
- **Get Moving-** make a personal goal to reach 2 ½ hours of physical activity per week. Participating in activities you enjoy will help you to stay motivated.
- **Quit Tobacco-** tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.
- **Make Prevention a Priority-** schedule yearly checkups and regular health screenings with your doctor or local health department
- **Set an Example-** consistently pull the above healthy habits together and be a role model for those who may be watching you.

District Health Department #10 (DHD#10) offers several services for women including Birth Control, Breast and Cervical Cancer Screenings, Breastfeeding Support, Diabetes Prevention Programs, Family Planning, Immunizations, Pregnancy Test and Support Services, Sexual Health Services, Tobacco Cessation Programs, Women, Infants and Children (WIC) and more.

To learn more about the programs offered for women or to schedule a service, call 888-217-3904 or visit www.dhd10.org/programs-services/

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STD Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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