



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

January 2017

On the Road to a Healthy 2017

Healthy Habits To Adopt Along the Way



Wash Hands

Wash hands to lower the risk of spreading germs and getting sick. It's best to wash hands with soap and clean running water for 20 seconds.



Read Food Labels

See how much fat, sugar, and other ingredients are in the product. Note what the serving size is to make sure you don't eat more calories than you think you're getting.



Buckle Up

Make sure everyone is properly restrained in safety seats or safety belts. Placing children in age and size appropriate restraint systems lowers the risk of serious and fatal injuries by more than half.



Eat Healthy

Just take an extra minute to make better food choices. Eat more fruits and vegetables, less saturated fat, and healthy grab-and-go snacks.

Be Active!

Adults should get 30 minutes and children should get 60 minutes of moderate intensity physical activity, preferably all, days of the week.



Get Involved

Talk to your kids about how to protect themselves from disease and injury and to avoid risky behaviors related to tobacco, sex, and more.



Be Prepared

Practice drills at home to make sure everyone knows what to do in case of an emergency. Have an escape plan, and practice it.



Source: www.cdc.gov/family/minutes

UMRHN Community Members

Catawba Community Mental Health Center ♦ Chester County Representative ♦ Chester County School District ♦ Chester Healthcare Foundation ♦ Chester Regional Medical Center ♦ Eau Claire Cooperative Health Center ♦ Fairfield County School District ♦ Fairfield Memorial Hospital ♦ Good Samaritan Medical Clinic ♦ J. Marion Sims Foundation ♦ John A. Martin Primary Health Care ♦ Mid-Carolina AHEC ♦ Midlands Technical College ♦ North Central Family Medical Center ♦ SC Department of Health and Environmental Control ♦ SC Office of Rural Health ♦ Springs Memorial Hospital ♦ York Technical College



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