+ TRANSFORMATIONAL TUESDAY

DID YOU KNOW...

Making healthy choices can reduce your chances of getting a chronic disease. Avoiding chronic conditions such as heart disease, type 2 diabetes, and obesity can also lower your risk of other major illnesses.

Here are some easy steps you can take to prevent illness:

- ✓ Schedule an annual checkup
- ✓ Exercise regularly
- ✓ Eat balanced meals
- ✓ Avoid tobacco
- ✓ Get preventive screenings (mammogram, colonoscopy, etc.)

Information provided by the CDC at CDC.gov.