



The official Women's health week is from May 14th-20th. The main goal is to make women more aware of their health and put it as a priority. This serves as a good reminder to encourage women to take steps towards a healthy lifestyle.

## Steps to a healthier lifestyle

### Regular Checkups

With our busy lives sometimes we may feel like we don't have time to sit in a waiting room. However getting regular checkups is crucial to maintaining a healthy lifestyle. Some of the main screening test for women include: **blood pressure test, breast cancer screening, cervical cancer screening, cholesterol test, and diabetes test.** Next time you're at the doctor ask for these tests to make sure you are up to date.

### Get Up, Get Active

Small steps can go a long way. We all know after an eight hour work shift, it can be difficult to find the motivation to exercise. That being said, the recommendation is to incorporate up to 150 minutes of physical activity daily

Here are a few ways we can all incorporate physical fitness during a workday:

- Walking around the office during your breaks (10-15min/day)
- Bike to work (if possible 2-3x/week)
- At home workouts at the gym or in your neighborhood
- Take your pet for a walk around the neighborhood
- Following the guidelines listed [Here](#)



### Lifestyle Change, not Diet

In a society that can be inundated with media that stresses thinness over strength and health, it can be difficult to choose a small lifestyle change over a crash diet. This can be even harder on women who then might feel the pressure and obsess about their weight. That being said, it is so important to choose a lifestyle that can be sustained rather than a quick fix. Research has shown yo-yo dieting, which is common in the US, is not only difficult on our bodies but difficult to sustain long-term. One of the best ways to stop the idea of dieting is to see it as a **lifestyle change**. Do **moderate** changes to your diet and over time you will see the difference in the way you eat. For example, if you are a sugar sweetened beverage drinker or add sugar to your coffee, choose a measurable goal and maybe drink one less beverage or put one less teaspoon of sugar in your coffee. Once this change feels manageable, work to decrease this number further. These simple steps to your diet can have you feeling better about your health **without feeling deprived of anything**. For more tips on how to eat healthier click [Here](#)