

# General Health Tips

## *Know Your Family History*

Having a family health history can be a useful tool to aid you and your medical care provider in interpreting patterns of health, illness and genetic traits for you and your immediate family members.

## *Have a Regular Physician*

It's important to have a regular physician who will get to know you and your own health history. Regular check-ups and screenings at recommended ages are essential to good health, and your physician can help you determine when to have these done.

## *Maintain a Good Activity Level*

Being less sedentary and getting enough exercise are challenges for many people. Maintaining some form of exercise on a regular basis is essential, and has been shown to decrease the risk of heart problems, stroke, diabetes, and other illnesses. Your doctor can recommend the specific kinds of exercise for your own individual needs that will benefit your health and lifestyle.

## *Pay Attention to Diet and Nutrition*

Diet and nutrition play an important role in your overall health. Many foods can actually work to make you healthier, and a well-rounded diet designed to meet your needs will keep you feeling better.

For effective weight control, the key is to start with what an appropriate weight is for you. Body Mass Index (BMI) is an accurate way to find out if extra pounds may be affecting your health.



MediCorp Health System

*MediCorp Health System exists to improve the health status of all people within our community.*

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