

Show Your Love.



Your body will thank you for it.

This is the time in your life when many possibilities lie ahead. And while the demands of everyday life may be great, it's important to focus on your mind, body and spirit. There's no better time than now to take steps toward a healthy lifestyle.

What loving steps can you take?

1. Be active for at least 30 minutes every day.
2. Eat healthy foods and get to or maintain a healthy weight.
3. Reduce stress in your life and get mentally healthy.
4. Get regular checkups as recommended by your healthcare provider.
5. Stop smoking, using street drugs or misusing prescription drugs. Avoid drinking too much alcohol.
6. Choose an effective form of birth control and use it regularly until you're ready to start a family. Then make sure you are as healthy as possible before becoming pregnant.
7. Take a multivitamin with 400 mcg of folic acid every day.



By taking care of yourself, you'll be ready to take on the world. For more information on taking these steps, talk with your healthcare provider and visit EveryWomanNC.com.



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