

## **Four Key Health Goals**

### ***AMA Healthier Life Steps™ – a Physician-Patient Alliance for a longer, healthier life***

The physicians of the Sangamon County Medical Society support the American Medical Association's (AMA) newly released Healthier Life Steps™ national program that seeks to help patients live a healthy life and feel better. These are the four key goals for optimum health:

#### **Healthy eating**

The goals for every healthy adult, every day, regardless of his or her weight, are to:

- Eat 1 ½ to 2 ½ cup-size servings of fruit.
- Eat 2 to 4 cup-size servings of vegetables.
- Eat mostly whole grains.
- Avoid unhealthy trans fats and saturated fats.
- Limit salty and sugary foods.
- Keep total calories to an amount that is right for his/her height and weight.

#### **Physical activity**

The goal for every healthy adult is to engage in at least:

- 30 minutes of moderate-intensity aerobic (endurance) physical activity on five days each week, OR
- 20 minutes of vigorous-intensity aerobic physical activity on three days each week.

#### **Quitting smoking**

The goal for every healthy adult is to not use any tobacco products at all.

#### **Reducing risky drinking**

The goal for every health adult who chooses to consume alcohol is to have no more than one drink per day (women) or two drinks per day (men).

Recommended limits for *number of drinks*:

- On any *day* never more than 3 (women) or 4 (men).
- In a typical *week* no more than 7 (women) or 14 (men).

Some people should not drink at all, including:

- Women who are or are trying to become pregnant.
- People planning to drive or engage in other activities requiring alertness and skill (such as driving a car, using machinery).
- People taking certain over-the-counter or prescription medications.
- People with medical or psychiatric conditions caused by or that can be made worse by drinking.
- Recovering alcoholics or those with an alcohol use disorder.
- Anyone younger than age 21.

**Your personal health habits questionnaire**

How ready are you to change your health habits? To fill out a brief questionnaire that will assist you, your doctor and health care staff to help you achieve and keep living a healthier lifestyle, visit SCMS' web site, [www.scmsdocs.org](http://www.scmsdocs.org), and look for the "AMA's Personal Health Habits Questionnaire".