



THE 14 THINGS YOU NEED TO KNOW TO REDUCE ILLNESS AND DEATH



The physicians of the Genesee County Medical Society identified the following 14 actions that are key to living a longer, healthier life:

1. Eliminate all exposure to tobacco, including passive smoke.
2. End addictions (such as alcohol, tobacco, sex, drugs, food, gambling, etc.).
3. Increase physical activity and limit screen time.
4. Reduce exposure to toxins.
5. Reduce prolonged exposure to sunlight and avoid tanning beds.
6. Reduce salt, sugar and all processed foods. Eat a variety of fruits and vegetables and whole grains daily. Maintain a proper body weight.
7. Wash hands often and appropriately.
8. Breast feed infants and assure their proper immunizations.
9. Babies are fragile. Refrain from inappropriate force to calm or discipline your child.
10. Get sufficient sleep.
11. Brush and floss your teeth.
12. Don't drive impaired or distracted.
13. See your physician about disease prevention ideas.
14. Take as few medications as possible and with advice from your physician.

**Take the first step to improve your health today.
Join the MOVEment! Visit commit-2-fit.org.**

For more information, please contact the Genesee County Medical Society at 810.733.6260 or the Greater Flint Health Coalition at gfhc@flint.org.

