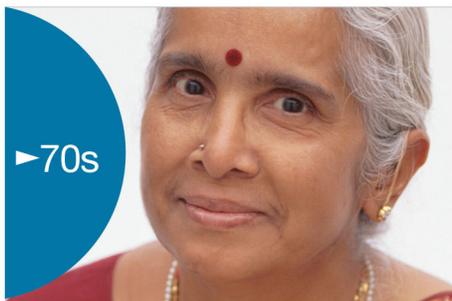




Taking Steps for a Healthier You

Your 70s



Join millions of women who are taking steps to improve their health during National Women's Health Week. Celebrated May 13 through 19, 2018, the week is a time for women to make their health a priority and build positive health habits for life. The U.S. Department of Health and Human Services' Office on Women's Health leads National Women's Health Week to encourage all women to be as healthy as possible.

What steps can I take?

Start by reading the checklist we created for women in their 70s, and choose to take one, or all, of the steps on the list. You can use your checklist to get the conversation started at your next wellness visit. A wellness visit is a yearly preventive checkup with your doctor. It's a time to check in on how you're doing, how you'd like to be doing, and what changes you can make to reach your health goals.

Why should I follow the steps on my checklist?

These steps are the foundation for good health at every age.



Visit womenshealth.gov/nwhw for resources and more information on how you can participate.

To live a healthy life in my 70s:

Every day I will try to:

- Eat healthy — go to ChooseMyPlate.gov to get started
- Get at least 30 minutes of physical activity — talk to my doctor about any limiting chronic conditions
- Get at least 7 to 8 hours of sleep
- Reach and maintain a healthy weight
- Get help to quit or don't start smoking
- Limit alcohol use to one drink or less
- Wear a helmet when riding a bike and wear protective gear for sports
- Wear a seatbelt in cars and not text and drive
- Not use illegal drugs or misuse prescription drugs

Talk to my doctor at least once a year about:

- My weight, height, diet, and physical activity level
- My tobacco and alcohol use
- Any violence in my life
- Depression and any other mental health concerns
- Who will make health care decisions for me if I am unable to

Ask if I need these tests, medicines, or vaccines this year:

- Blood pressure
- Chickenpox
- Cholesterol (75 and younger*)
- Colorectal cancer (75 and younger*)
- Diabetes (70 and younger*)
- Flu
- Hepatitis B and hepatitis C
- HIV
- Lung cancer
- Mammogram (74 and younger*)
- Osteoporosis
- Pneumonia
- Shingles
- Sexually transmitted infections
- Tetanus, diphtheria, and whooping cough
- Tuberculosis

**The decision to get any medical test or procedure is a personal one between you and your doctor, at any age. These age ranges are suggested by the U.S. Preventive Services Task Force recommendations and may not apply to every person.*

These guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, the Women's Preventive Services Guidelines, the 2015–2020 Dietary Guidelines for Americans, and the 2008 Physical Activity Guidelines for Americans.

