## Celebrating National Women’s Health Week

### Monday
Avoid unhealthy habits like smoking, drinking excessively, texting while driving & not wearing a seatbelt or using a bike helmet. Leave phone in purse while driving.

### Tuesday
Get plenty of sleep.
- in bed by 10pm

### Wednesday
See your doctor for regular health checkups & screenings.
- call Dr. Singh for a checkup

### Thursday
Be physically active (at least 2.5 hours of moderate exercise each week).
- schedule 30-minute workout

### Friday
Manage stress by taking time to relax and do things that you enjoy!
- call the girls to schedule brunch!

### Saturday/Sunday
Eat healthy meals.
- schedule grocery trip
- meal prep for next week

Learn more simple steps to make health your priority at Moffitt.org/Take-Charge

Source: Moffitt Cancer Center