



My Road to Better Health



Move daily to increase your energy and improve your health.

Physical activity can reduce your risk of long-term disease, help you lose weight and even boost your self-esteem.



Eat Well to maximize your body's fuel for everyday tasks.

Healthy eating can help you avoid weight gain and some of the long-term illnesses that come with it.



Sleep enough to wake up renewed and refreshed.

Poor sleep can lead to serious medical problems, including obesity, diabetes, heart disease, and early death. When you get enough sleep, your judgment and ability to learn and remember get better.



Maintain good health by taking time for prevention.

Good health habits, regular physical exams and screening tests are important preventive care activities. If a problem arises, early detection is often key to successful treatment.



Relax every day to rid your body of tension and stress.

High levels of stress may lead to serious health problems, including high blood pressure and heart disease.



Discover meaning and purpose in your life.

Activities that give you joy can reduce stress, improve your mood and add years to your life. Discover your passions, have fun and improve your body, mind and spirit.

Of the choices above, what are the first steps you are willing to take over the next few days?

Rate your confidence *How much do you believe you can do this? Circle your answer here.*

| | | | | | | | | | | |
|----------------------|---|---|---|---|---|---|---------------------|---|---|----|
| Not at all confident | | | | | | | Extremely confident | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

If you rate your confidence below a 7, consider changing your plan.

BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal Mayo Clinic patient of more than 40 years and a self-made business leader who significantly expanded her family's activities in oil, gas and ranching. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

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