

## MAY CHANGE IN HABIT

- Choose at least ONE of the 4 actions below to complete during May.
- By June 1, report that you completed one of the actions for a chance in the monthly and end of series drawings.
- We encourage you to report your activities using the online form at [http://library.stillwater.org/simple\\_steps\\_to\\_better\\_health.php](http://library.stillwater.org/simple_steps_to_better_health.php).
- Or, you may report in person at the Help Desk, phoning 405-372-3633 x8106, or emailing [askalibrarian@stillwater.org](mailto:askalibrarian@stillwater.org).
- At the same time, you can report that you completed your self- evaluation health form.
- The self-evaluation is now also online on the same webpage. Or, you may also turn in a hardcopy to the Help Desk or email it to [askalibrarian@stillwater.org](mailto:askalibrarian@stillwater.org).

### Habit 1 - Healthy Diet: Labels and Choices

For one week, while shopping and preparing meals, read labels from the food you eat and choose those low in saturated fats, trans fat, cholesterol, and sodium and high in fiber can help prevent high cholesterol. Limiting sodium in your diet can also lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.

For more information on healthy diet and nutrition, explore the CDC's page at <https://www.cdc.gov/nccdphp/dnpao/index.html>.

### Habit 2 - Healthy Weight: Calculate Your BMI

Being overweight or obese increases your risk for stroke. To determine whether your weight is in a healthy range, doctors often calculate your [body mass index \(BMI\)](#). Find out your weight and height, then calculate your BMI at <https://www.cdc.gov/healthyweight/assessing/index.html>. Read the information on the page about what your BMI means.

### Habit 3 – Smoking

Cigarette smoking greatly increases your chances of having a stroke. If you do smoke, contact the Oklahoma Tobacco Helpline DURING MAY at <http://okhelpline.com> or 1.800.QUIT.NOW.

### Habit 4 - Limit Alcohol

Too much alcohol can raise your blood pressure. If you drink alcohol, FOR THE REMAINDER OF THE MONTH, limit your intake to no more than two drinks per day for men and one drink per day for women. For more information, visit CDC's Alcohol and Public Health website at <https://www.cdc.gov/alcohol>.

Suggestions are from [https://www.cdc.gov/stroke/healthy\\_living.htm](https://www.cdc.gov/stroke/healthy_living.htm).

### **BONUS**

Receive and BONUS POINT by ALSO completing a healthy habit change from February, March, or April that is different from the one you choose above.