Investing in your health can deliver big returns in the future, like living a longer, happier life. There’s no time like today to get started!

## INVEST IN YOUR HEALTH

### INVEST IN

**Regular exercise**
- Walking
- Yoga
- Weight lifting
- Water aerobics
- Biking
- Dancing
- 30 minutes of exercise per day

**Healthy eating**
- 1,000 mg of calcium a day for ages 19-50 (1,200 mg a day for women ages 51-70)
- Vitamin D to help absorb calcium
- Fruits and vegetables
- Whole grains
- Limit high-fat meats and cheeses, added sugars and salt (avoid fried foods)
- For protein: fish, poultry, eggs, dairy, beans, nuts and seeds
- Healthy fats like olive oil
- Smaller portion sizes

### WAYS TO INVEST

**Regular exercise**
- Helps slow the rate of bone loss
- Can help people with arthritis, heart disease, or diabetes
- May help prevent high blood pressure and high cholesterol
- Can help with memory and mental functions
- May help lessen depression and stress

**Healthy eating**
- Could help lower the risk of bone loss
- May help lower the risk of some cancers and anemia
- Could help reduce the risk of heart disease and stroke
- May help reduce high blood pressure, lower cholesterol and manage diabetes
### Health and Cancer Screenings

- Health screenings:
  - Blood pressure, cholesterol, depression, diabetes, dental, etc.
- Cancer screenings:
  - Colonoscopy
  - Skin cancer
- Cancer screenings for women:
  - Mammogram
  - Pap test for cervical cancer
- Cancer screening for men:
  - (if recommended by your doctor)
  - Prostate cancer
- Yearly well-visit with your primary care doctor

- Can help prevent or find colon, breast, cervical, skin, and prostate cancers
- May help catch and treat other health problems
- Early detection could save your life

### Memory and Mental Health

- Stay connected to family and friends
- Do daily puzzles, like the crossword or Sudoku
- Sign up for classes to learn new skills
- Take on a new assignment at work
- Get a good night’s sleep
- Lower your stress
- Exercise

- May help with memory loss as you age
- Can help lessen depression and stress
- Helps keep your mind sharp

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This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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