## Healthy Living Habits 9 TIPS TO FOLLOW

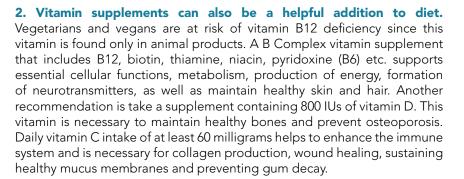
By Karl Gebhard, MD, MS

A long time ago in a land far, far away the philosopher, Desiderius Erasmus, once said "prevention is better than cure." Those words of wisdom have helped society to lesson damages from natural and manmade disasters to using it in our everyday lives, such as car and home maintenance. Healthy living habits are like any other type of maintenance. The goal is to prevent a breakdown and extend the life of that object, whether it's a car, boat, home, pet or more importantly, yourself. The following is a summary of your body's maintenance manual:

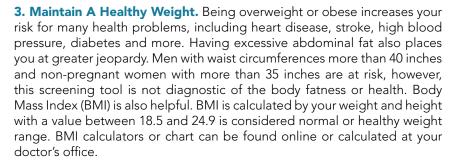


1. Eat A Healthy Diet. What we eat and drink is one of the most powerful tools we have to combat illness and improve health. About half of all American adults have one or more preventable, diet-related chronic diseases, including cardiovascular disease and diabetes. Start by choosing nutrient-dense foods from all groups (vegetables, fruits, grains, dairy, proteins) and not just one or two of them. Each day limit calories from added sugars and saturated fats to less than 10% of total calories and reduce sodium to less than 2,300 milligrams. When shopping, a good rule to follow is to stick to the outer areas of a grocery store. As you move inwards, foods become more processed and include unhealthy additives.







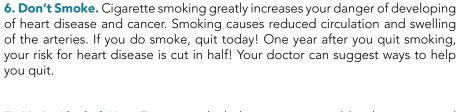




**4. Be Active Most Days.** Physical activity can help you to maintain a healthy weight, but it can also lower your blood pressure, cholesterol and sugar







levels. Exercising also improves mood and reduces stress. Only thirty minutes a day, five days a week, of moderate exercise is recommended for adults. Children and adolescents should have an hour a day of physical activity. Living in sunny southern California is perfect for outdoor activities, just remember to apply

5. Sleep. Poor sleep health is a problem that affects a third of American

adults. Good quality sleep is necessary to support endocrine, metabolic and neurological functions and not getting enough shut-eye, increases our risks of cardiovascular disease, diabetes, depression and obesity. It is recommended

that adults have 7-8 hours per night of quality sleep, i.e. feeling rested. Pediatric

recommendations per 24 hours: teen 8-10 hours, school age 9-12 hours, preschool 10-13 hours, toddler 11-14 hours, infant 12-16 hours, newborn 14-17 hours.

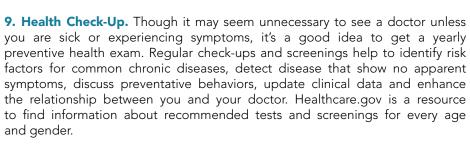
sunscreen with SPF greater than 15, wear a hat and sunglasses.

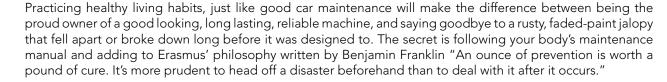


**7. Limit Alcohol Use.** Excessive alcohol use raises your blood pressure and can lead to health hazards including injuries, violence, mental health problems, memory problems, liver and heart diseases as well as many types of cancers. Men should have no more than two drinks per day and women only one.



**8. Germ and Virus Precautions.** Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses. Washing with soap and water, using hand sanitizers, and disinfecting surfaces will kill germs and viruses in addition to minimizing allergy triggers. Immunizations are also important to prevent communicable diseases such as measles, whooping cough, hepatitis and influenza.





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