

# TOP 6 MODIFIABLE HEALTH BEHAVIOURS

FOR OPTIMAL HEALTH AND WELLNESS

## HOW DO YOU STACK UP?

One of the most significant barriers to making healthy choices is knowing what health behaviours are important and how you currently 'stack-up' compared to the recommendations. Reviewing evidence-based health behaviour guidelines is a good starting point! Evaluate where you or your clients fit. Is there room for improvement?



### Body Weight

One of the best ways to prevent disease and illness and achieve optimal physical and mental health is to maintain a healthy body weight. Body mass index (BMI) can give you an idea of your healthy body weight.



### Physical Activity

Recommended weekly activity for cancer survivors is at least 90 minutes of moderate intensity aerobic activity, plus 2 days of resistance exercise, and flexibility training most days of the week.



### Alcohol

Maximum 1 drink/day for women and 2 drinks/day for men



### Smoking

This one is easy... just don't do it!



### Nutrition

Aim for a healthy, balanced diet high in fruits and vegetables and lower in saturated animal fats, and processed foods. For more information: [dietitian.ca](http://dietitian.ca)



### Sedentary Time

Inactivity can negate benefits achieved through movement. How many hours do you spend sitting or sleeping? Can you move more throughout your day outside of your planned physical activity?