







What else can I do about my health?



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Daily Healthy Behaviors: "Don'ts"

-  **Smoke cigarettes (i.e., misuses the sacred gift of tobacco)**
-  **Drink more than 1 drink of any alcoholic beverage in a day**
-  **Use medicines (over-the-counter and prescriptions) inappropriately**
-  **Use recreational drugs**

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Daily Healthy Behaviors: "Don'ts"

-  **Over-consume caffeine (less than 4 cups of coffee, tea, cola soda -- chocolate)**
-  **Gossip / trash family, neighbors, friends – brings evil back onto yourself**
-  **Beat yourself up for mistakes – but take action to NOT repeat those errors**
-  **Feed" a grudge ... whose path are you on?**

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Daily Healthy Behaviors: "Do's"



-  **Pray (greet the sun)**
-  **Get vigorous weight-bearing physical activity (like walking, biking, dancing)**
-  **Drink "lots" of water**
-  **Eat foods that are low fat / low calorie / low sugar**
-  **Eat foods that have folic acid and iron; vitamins A, B1, B2, B6, C, D, E**

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92

Daily Healthy Behaviors: "Do's"








-  **Eat foods that are high in dietary fiber (e.g., vegetables, fruits)**
-  **Take at least 15 minutes every day to do something you personally enjoy (e.g., dance? weave? bead? sing?)**
-  **Take medications and vitamin supplements as recommended**

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93


Daily Healthy Behaviors: "Do's"






-  **Practice healthy stress relief**
-  **Compliment family, neighbors, friends for something they have done or do that you appreciate**
-  **Dedicate at least 15 minutes of uninterrupted time to be with your husband /wife /parent /child. Total concentration!!**
-  **Laugh**

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94


Daily Healthy Behaviors: "Do's" 




 **Practice responsible sexual behavior**

-  **Planned pregnancy (=use birth control)**
-  **Avoid exposure to sexually transmitted diseases (e.g., HIV, herpes; minimize number of partners)**


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Daily Healthy Behaviors: "Do's" 


 **Summarize your day by identifying something ...**

-  **good that happened that day**
-  **you did that was good**
-  **someone else did that was good**

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Daily Healthy Behaviors: "Do's" 





 **Pray (sundown prayers and songs)**

 **Thank the Creator for our blessings**

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Weekly / Monthly Healthy Behaviors: "Do's"





-  **Ceremonial / spiritual growth**
-  **Maintenance of healthy weight**
-  **Sufficient consumption of water / fluids**
-  **Sufficient consumption of vitamins and minerals**

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Weekly / Monthly Healthy Behaviors: "Do's"







-  **Healthy balance of family, work, community**
-  **If not, develop a plan for how you can do a better job bringing balance into your life ...**

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Annual Healthy Behaviors: "Do's"



-  **Immunizations**
-  **Vaccinations**
-  **Maintenance of healthy weight**
-  **Ceremonial / spiritual growth**

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For more information, contact 

Native American Cancer Research
1-800-537-8295
or in Denver 303-837-7163 

The National Cancer Institute's
Cancer Information Service
1-800-4-CANCER
www.cancer.gov 

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The American Indian/Alaska Native Cancer Information
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