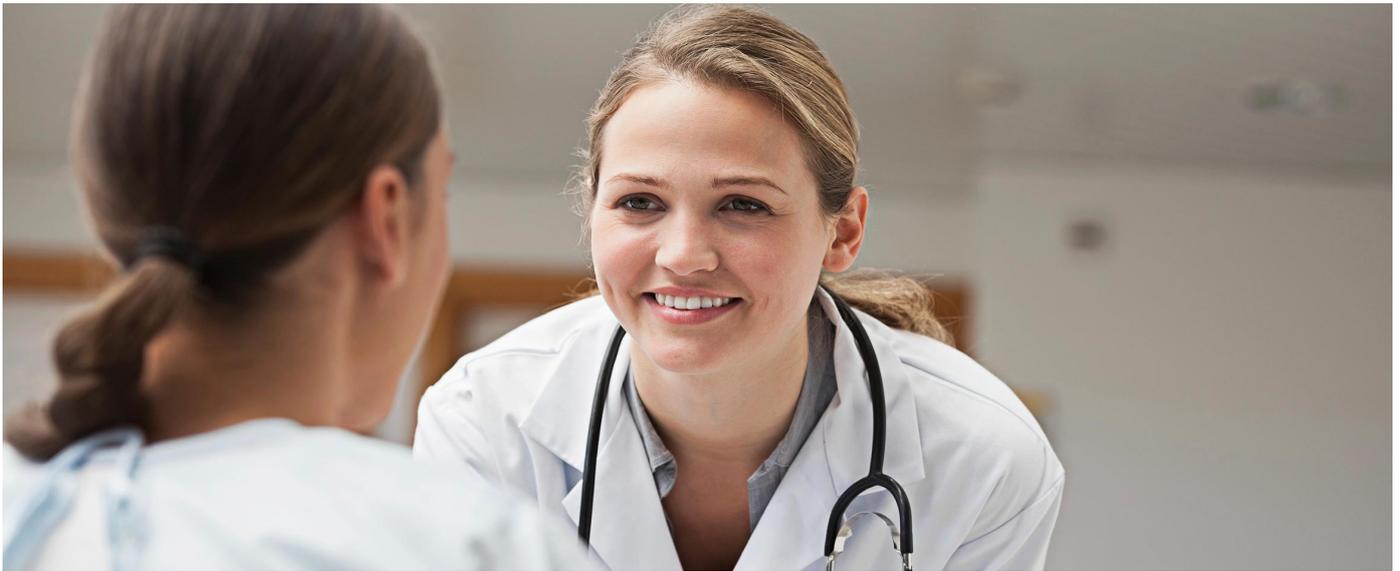


October Topic: Women's Health

Women of all ages benefit from a moderate amount of physical activity, preferably daily. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as 30 minutes of brisk walking) as in shorter sessions of more strenuous activities (such as 15–20 minutes of jogging). **Join NHCH for some physical activity at the Pink Day 2-mile Fun Walk/Run for Breast Cancer Awareness at the Pearl Harbor NEX/DECA Parking Lot, 7 a.m., Friday, Oct. 14.**



Women with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these conditions should first consult a physician before beginning a new program of physical activity. Women over age 50 who plan to begin a new program of vigorous physical activity should first consult a physician to be sure they do not have heart disease or other health problems.

Tips for a **Healthy** Life :

1. Get recommended mammograms, breast exams and pap tests (visit www.womenshealth.gov for more info)
2. Eat plenty of fruits and vegetables
3. Limit alcohol - no more than 1 drink a day



Presented by NHCH Health Promotion

For more information call us:

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