

*pause a moment...
for 10 tips
on military*

Women's Health



Photo source: NMCPHC

1. Do not smoke
2. Eat fruits & veggies - at least half of your plate at each meal
3. Exercise - at least 2.5 hours of aerobic activity each week
4. Be informed and careful about prescription meds and dietary supplements
5. Get all 3 HPV shots to prevent genital warts and cancers
6. Ask for a chlamydia test each year (to age 25)
7. Choose the *most reliable* birth control option that works for you
8. Get regular breast cancer and pap exams
9. Limit alcohol - not more than 7 drinks per week; none during pregnancy
10. Take time to relax; get 7-8 hours of quality sleep

Learn more about women's health >



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PREVENTION AND PROTECTION START HERE

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