

# HEALTHY TIPS

## FOR WOMEN OVER 35

While it's important to make positive and informed health and lifestyle choices at every age, women between the ages of 35 to 45 have the opportunity to make choices today that will directly influence future wellness and proactively reduce health risks later in life. The foods you eat, the supplements you take and the exercise routine you adopt are just a few factors that can impact your future health.

The specialists at Moreland OB-GYN have designed this tip sheet to guide women between the ages of 35 to 45 with simple choices that can proactively contribute to improved future health.

### EAT HEALTHY

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- Ensure your diet is balanced with plant-based foods, fruits, veggies, whole grains and proteins.
- Avoid empty calories from processed or high-fat foods, and food with lots of added sugar and drinks.
- Moderate alcohol intake, no more than one drink per day.
- Drink eight 8-ounce glasses of water each day.
- If you intend to change your eating habits, improve them permanently, not just to lose a few pounds.

### EXERCISE

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- The recommended amount of moderate exercise is 150 minutes per week and 75 minutes of vigorous exercise per week. The emphasis should be on strength, flexibility, conditioning and stress management, not weight loss.
- Struggling to make time for exercise? Every little bit counts, so don't give up! Try scheduling a walk over your lunch hour, use the stairs instead of the elevator, take the furthest parking spot from the grocery store entrance, or take a walk while you wait at your kids events or games.

### GET PLENTY OF SLEEP

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- Aim for seven or eight hours of sleep each night.
- Set a good bedtime and stick to that time almost every night of the week.
- Stop using a tablet or phone one hour before bed.
- Take the TV out of the bedroom. Let your mind know that the bedroom is for rest.



## MANAGE YOUR STRESS

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- Eating right, exercising and sleeping will help combat stress.
- Try yoga and/or meditation for added stress relief.
- It is OK to say NO
- Commit to reasonable requests.



## FOCUS ON YOURSELF

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- It's common for women to always put others first. It is important for you to make time for yourself regularly.
- Find things that bring you pleasure and do them daily.

## CHECK YOUR VACCINATIONS

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- Make sure you're current on all necessary vaccinations including tetanus and flu.

## MAINTAIN HEALTHY BONE MASS

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- If you fit the ages of 19-50, consume at least 1,000 mg of calcium per day. If you are between the ages of 51-70 consume 1,200 mg daily. Take 800 IU of vitamin D each day to promote healthy bones. The body only absorbs 500-600 mg at a time. It is important to space out your supplement tablets.
- Get calcium from foods whenever possible. Milk, cheese, yogurt, almond milk, soy milk, orange juice, spinach, broccoli and legumes are all great sources of calcium. Focus on food first, then supplement.
- Do 30-45 minutes of weight bearing exercise daily. Walking is a great example of weight bearing exercise.



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