

May is Women's Health Month

What is it?

Women's Health Month encourages women to take simple steps for a longer, healthier, and happier life. This month promotes families, communities, businesses, government, health organizations and other groups to work together to:

- celebrate the exceptional advancement in women's health
- bring attention to and create understanding of women's health issues
- encourage women to get regular check-ups
- inform women about actions they can take to improve their physical and mental health and prevent disease



Where is it?

Please check [The National Women's Health Week website](#) for a listing of registered events in your area.



How can I find out more?

More information on improving women's health can be found at www.4woman.gov.

Why is it important?

Women's Health Month is important because it is a time dedicated to improving the health and well-being of women. When women take even the simplest steps to improve their health, the results can be significant.

Tips to Improve Your Health:

- ✓ Consume three servings of calcium-rich foods (milk, yogurt, cheese) to lower your risk of developing osteoporosis.
- ✓ Practice yoga, Tai Chi, or meditation as relaxation tools to help protect your mental health.
- ✓ Consume a diet rich in whole grains, fruits, vegetables, and lean meats to keep your risk of heart disease low.
- ✓ Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week to stay in shape!