

# Find Balance

A healthy lifestyle can help you live a significantly longer life



Exercise, eating healthy, sleeping well and avoiding tobacco and alcohol can help prevent many health conditions that seem to come with aging.

#### Live actively

Aim for 150 minutes of moderate-intensity aerobic exercise and two days of muscle-strengthening activities each week.

#### Eat colorfully

Fill your plate halfway with a variety of non-starchy veggies, a quarter with whole grains and a quarter with lean protein.

#### Get restful sleep

Most adults should aim for seven to nine hours of sleep per night.

Discover more resources that can help you live a balanced lifestyle at [bcbsks.com/strive](https://bcbsks.com/strive).

#### SOURCES

Harvard Health Publishing: "Healthy lifestyle: 5 keys to a longer life"  
Centers for Disease Control and Prevention: "How much physical activity do adults need?"  
Centers for Disease Control and Prevention: "Diabetes Meal Planning"  
National Sleep Foundation: "How Much Sleep Do We Really Need?"



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