

Buena Salud® Club

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May is Women's Health Month:



Tip of the Month:

Always talk to your health care provider about all of your concerns and options. If you feel uncomfortable talking to your health care provider, you need to find one you can talk to.

1. Get enough sleep on a regular basis.
2. Eliminate or reduce stress; don't just manage it.
3. Drink water instead of carbonated drinks.
4. Avoid artificial sweeteners in your drinks and food.
5. Good friends are great for your health.
6. Increase your physical activity.
7. It's okay to eat some healthy fats (olive oil).
8. Eggs in moderation are okay.
9. Limit alcohol to no more than one drink per day.
10. Talk to your health care provider about whether you should take aspirin on a daily basis.



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