

HEALTHY LIVING IN YOUR

30s

You're in your 30s! What can you do to live a healthier life? Be healthier with one — or all — of the steps below! Get the conversation started at your next well-woman visit with this list.

Every day, I will try to:

- Eat healthy — use the MyPlate Plan to get started
- Get at least 30 minutes of physical activity
- Get at least 7 to 9 hours of sleep
- Reach and maintain a healthy weight
- Get help to quit or not start smoking
- Limit alcohol use to 1 drink or less
- Not use illegal drugs or misuse prescription drugs
- Wear a helmet when riding a bike and protective gear for sports
- Wear a seat belt in cars and not text and drive
- Take 400 to 800 mcg of folic acid

I will talk to my doctor at least once a year about:

- Whether I plan to get pregnant in the next year or the right birth control for me
- My weight, diet and physical activity level
- Whether I use tobacco, alcohol or drugs
- Any violence in my life
- Depression and any other mental health concerns
- My family health history (cancer, heart disease and diabetes)
- Protecting myself from the sun and the hazards of tanning

I will ask my doctor whether I am at higher risk of or need tests, medicines or vaccines this year for:

- Blood pressure
- Breast cancer prevention medicines
- Chickenpox
- COVID-19
- Flu
- Hepatitis A, B and C
- HIV
- HPV
- Measles, mumps and rubella
- Meningitis
- Pap
- Sexually transmitted infections
- Skin exam
- Tetanus, diphtheria and whooping cough
- Tuberculosis
- Urinary incontinence



St. Luke's is a part of the Spirit of Women network, committed to providing leading women's health education and services to patients and the community. We offer a complimentary Spirit of Women membership program to help empower and inspire women and their families to achieve their best health and wellness.

For more information or to join our Spirit of Women membership program, visit stlukes-stl.com/spirit or call 314-205-6654.

St. Luke's Services | stlukes-stl.com/services

Classes and Events | 314.542.4848

stlukes-stl.com/st-lukes-education-program

Breast Health

Diabetes Care

Dermatology

ENT

Fertility and Reproductive

Gastroenterology

Maternity and Newborn

Neurology

Nutrition and Wellness

Orthopedics

Pelvic Health

Pediatrics

Perinatal

Physical Therapy and Massages

Physician Referral

Plastic Surgery

Sleep Medicine

Urgent Care Center

Weight Loss Services

Wound Care



St. Luke's Services

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smart phone camera*



St. Luke's Doctors

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smart phone camera*



The decision to get any medical test or procedure, at any age, is a personal one between you and your doctor. These recommendations may not apply to every person.

These guidelines are based on recommendations from the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, the Women's Preventive Services Guidelines, the 2015–2020 Dietary Guidelines for Americans, and the 2018 Physical Activity Guidelines for Americans.