

# Your Health Checklist

## Alberta Screening and Prevention Plus

### Tobacco use

If you currently use tobacco or if you stopped using tobacco within the past 12 months, please be reminded that quitting tobacco is important for your health.

It is never too late to quit! Benefits of quitting are immediate.

There are lots different support options to increase your chances of quitting.

Your healthcare provider can help with quitting whenever you are ready and provide you with helpful resources.



*Use of the term 'tobacco' in this document does not include the use of traditional tobacco for Indigenous ceremonial and/or spiritual purposes.*

### Alcohol use

Canada's Low Risk Drinking Guidelines recommend that daily consumption of alcohol should not exceed 2 drinks per day or 10 drinks per week for women, and 3 drinks per day or 15 drinks per week for men.

#### What is a Standard Drink?

##### Beer, cider or cooler

341 ml (12 oz) 5% alcohol content

##### Wine

142 ml (5 oz) 12% alcohol content

##### Distilled alcohol (rye, gin, rum, etc.)

43 ml (1.5 oz) 40% distilled alcohol content

If you would like information or support to reduce your alcohol use, talk to your healthcare provider.



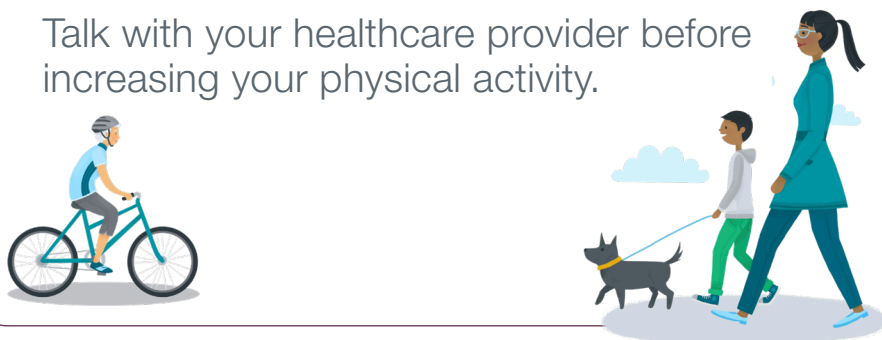
### Physical Activity



**For adults 18+**, strive to meet the Canadian Physical Activity Guidelines: 150 minutes of moderate-to-strenuous physical activity per week, in bouts of 10 minutes or more.

- Moderate activities cause adults to sweat and breathe a little harder (e.g. brisk walking, bike riding).
- Strenuous activities cause adults to sweat and feel out of breath (e.g. jogging, swimming).
- Include muscle and bone strengthening activities using major muscle groups at least 2 days per week.

Talk with your healthcare provider before increasing your physical activity.



### Vegetable and Fruit intake



Vegetables and fruits are an important part of healthy eating. Canada's Food Guide recommends eating plenty of vegetables and fruits, whole grain foods and protein foods each day.

- Aim to fill half your plate with vegetables and fruits, and include them in all of your meals and snacks.
- Try a variety of vegetables and fruits. Opt for different textures, colours and shapes to fit your taste.
- Fresh, frozen and canned vegetables and fruits can all be healthy options.

For more information on healthy eating, check out Canada's Food Guide: [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide), or talk to your healthcare provider.