

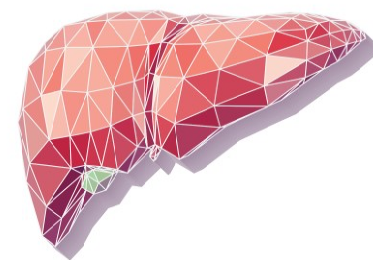
June

Prevention

Preventing Illness Checklist

- ✓ Healthy behaviors are more effective at preventing illness than medication.
- ✓ Try to exercise 30 minutes a day. This will decrease the risk of cardiovascular disease, diabetes, and some cancers.
- ✓ Base your diet around plants and limit animal fats.
- ✓ Do not engage in risky behaviors such as smoking or drinking alcohol.
- ✓ Stay up to date with immunizations.

Prevention And Your Liver



A healthy lifestyle lowers the risk of developing fatty liver disease.

A well-balanced diet, rich in lean proteins, vegetables, and healthy fats will help maintain overall health and prevent the development of fatty liver disease.

Doctor's Tip

An overall healthy lifestyle will help prevent the development of chronic medical issues.
- Dr. Pranab Barman, Northwestern University



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>

Poster Updated 5/31/17
© 2017 American Liver Foundation