



Choosing Health!® is a year-round campaign designed to provide opportunities for members of Mid-Michigan's Capital Area to learn about and use existing programs to achieve healthy lifestyles. *Choosing Health!*® also incorporates Governor Snyder's **4 x 4 Tool** to promote health and wellness.

The *Choosing Health!*® campaign is designed to work with Resource Partners to promote healthy living that:

- Encourages physical activity
- Develops healthy eating habits
- Prevents substance abuse and tobacco use
- Promotes mental health

The Resource Partners of *Choosing Health!*® believe we can work together to achieve health and wellness for our families, our community, and ourselves. There will be *Choosing Health!*® events throughout the year. You are invited to all of them. Please watch for them and use the resources offered to help in your Healthy Lifestyle quest.

You can find further information on the *Choosing Health!*® page of the Capital Area Health Alliance website at CapitalAreaHealthAlliance.org.



To get a healthy living starter kit, go to:
www.michigan.gov/mihealthiertomorrow



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Michigan Health & Wellness 4 x 4 Tool

Governor Snyder encourages Michiganders to **adopt HEALTH as a personal core value** and suggests **using the 4 x 4 Tool** to:

...do four things...



Practice four healthy behaviors:

- Maintain a healthy diet
- Engage in regular exercise
- Get an annual physical examination
- Avoid all tobacco use

...and know four things!



Be aware of four health measures that are closely tied to several chronic diseases:

- Body mass index (BMI)
- Blood pressure
- Cholesterol level
- And blood sugar (glucose) level

Preventing or managing chronic diseases is the top health challenge of the 21st century. Michigan's Health and Wellness 4 x 4 Tool is a way to focus on measures and behaviors that encourage healthy living.

Practice 4 Healthy Behaviors

1 Maintain a Healthy Diet. Eating healthy means enjoying a variety of nutritious foods and beverages, including vegetables, fruits, low-fat dairy products and



whole grains. Healthy eating also includes limiting intake of saturated and trans fats, added sugars, and sodium. For more information go to: www.letsmove.gov/eat-healthy

2 Engage in Regular Exercise. Regular physical activity is important for overall health. Adults should try to be physically active for at least 30 minutes, 5 days a week; children and teens benefit from 60 minutes of daily physical activity. Find some activity you enjoy. Examples include brisk walking, yard work, biking, dancing, and swimming. Join with a friend or family member who enjoys the same activities to make it even more fun and rewarding. For more information go to: www.letsmove.gov/get-active; www.cdc.gov/healthyweight/physical_activity/index.html



3 Get an Annual Physical Examination. An annual physical is a good way to take care of your health. Benefits include earlier detection and treatment of current health issues and prevention of future problems. You can ask your health care provider to use the 4 x 4 Tool to make sure you get your BMI, blood pressure, cholesterol, and blood glucose level checked when you have your physical.



4 Avoid All Tobacco Use and Exposure. Avoiding all tobacco use (including cigarettes, cigars, smokeless tobacco, and pipes) and eliminating exposure to secondhand smoke can greatly reduce the risk of developing heart disease and cancer and greatly increase your health. For help quitting, call:

- **Michigan Tobacco Quit Line (800) 784-8669**
- **American Lung Association of Michigan (517) 484-4541 or (800) 586-4872:** The American Lung Association has a free phone support system designed to help callers quit their tobacco addiction.
- **Nicotine Anonymous (517) 627-9606:** Free Nicotine Anonymous meetings are held Mondays at 6:00 pm in the Doctors Dining Room at Sparrow Hospital located at 1210 West Saginaw, Lansing, Michigan.



Know 4 Health Measures

1 Body Mass Index (BMI). Body Mass Index is a measure of body fat based on height and weight. A healthy adult BMI falls between 18.5 and 24.9. A BMI between 25 and 29.9 is considered overweight; a BMI of 30 or greater is classified as obese. Maintaining a BMI within the healthy range can reduce blood pressure, cholesterol, and blood glucose and lower your risk for many chronic diseases. Have your BMI measured by your health provider.



2 Blood Pressure.

High blood pressure occurs when blood circulates through the arteries at a higher pressure than normal. High blood pressure can damage your heart and kidneys. Have your blood pressure checked by your health care provider. A blood pressure of less than 120/80 is considered healthy. A blood pressure between 120-139/80-89 is considered prehypertension; and a blood pressure of 140/90 or above is considered hypertension. For more information, go to: www.nhlbi.nih.gov/health/health-topics/topics/hbp/; www.mayoclinic.com/health/high-blood-pressure/DS00100



3 Cholesterol Level.

While your body needs cholesterol to build healthy cells, having the wrong high cholesterol can increase your risk of heart disease. To decrease risk for cardiovascular disease total blood cholesterol should be kept below 200. A blood cholesterol level of 200-239 is considered mildly high, while levels of 240 or greater are considered high. Talk to your health care provider about checking your cholesterol levels. For more information go to: www.mayoclinic.com/health/high-blood-cholesterol/DS00178



4 Blood Glucose Level.

Blood glucose levels measure the amount of a type of sugar in your blood. This is important because increased blood sugar levels can be a predictor of diabetes. Talk to your health care provider about getting a blood test to check your glucose levels. To get an accurate glucose level, you must have fasted (not eaten) for at least 8 hours before the test. Blood glucose levels 70 to 99 are within the normal range; blood glucose levels 100 to 125 indicate pre-diabetes; and blood glucose levels 126 or higher indicate diabetes.¹ For more information go to: my.clevelandclinic.org/services/blood_glucose_test/hic_blood_glucose_test.aspx



¹According to the American Diabetes Association

If you do not have a medical provider, some health screenings can often be done at health fairs.
If you are uninsured, contact your local health department or community health center for assistance.