

Fostering a Healthy Lifestyle



At Avera, we want to be your partner in good health, so you can enjoy all the good gifts life has to offer.

Here are some helpful, practical tips you can implement that will help you stay healthier.



- Each day, eat at least five servings of fresh fruits and vegetables.
- Choose 100 percent whole grains.
- Avoid processed foods that are high in fat and sugar.
- Eliminate sugar-sweetened beverages.
- Eat a fresh, homemade meal at your dinner table.
- Exercise 30 minutes on most days. Good examples include walking, biking or swimming.
- Get enough sleep and manage your stress.
- Quit smoking and avoid secondhand smoke.
- Limit your use of alcohol.

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