

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 wear 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, especially of cancer, heart disease, and diabetes

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
- Flu
- Hepatitis A, B, and C
- HIV
- Measles, mumps, and rubella
- Meningitis
- Pap and HPV
- Sexually transmitted infections
- Tetanus, diphtheria, and whooping cough
- Tuberculosis
- Urinary incontinence
- COVID-19

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.