



model behavior

Be an example of self-care for the girls in your life.

Along with eating right and exercising regularly, making time to unwind is an important part of a woman's healthy lifestyle. Try blowing off steam with a walk around the block, or work out your thoughts in a journal. And it's always a good time to crank up the tunes and dance. Get in the groove of staying healthy with these tips:

Sleep on it.

Getting at least 7 hours of sleep every night can boost your energy and focus.

Tag, you're not it.

Clothing size is not a reliable measure of a healthy body. Talk to your doctor about a healthy weight range for you.

Bone up.

Maintain bone strength and density with calcium-rich foods or supplement with calcium and vitamin D.

[learn more](#)

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