



BETTER protection

Get a healthy perspective on prevention

When you get in the practice of taking preventive measures—like always buckling your seatbelt, or wearing protective gear when you play sports—staying healthy becomes second nature. Keep up-to-date with your immunizations and other preventive care, and mind these tips for staying well:

Arm yourself.

An annual flu shot (or nasal spray) is the best way to protect yourself from getting the flu and spreading it to others.

Protect and serve.

A high-fiber diet including beans and whole grains can reduce your risk for several cancers.

Defense up.

Regular exercise (150 minutes a week) lowers your risk of developing Alzheimer's disease, diabetes, heart disease, and stroke.

LEARN MORE

Visit kp.org/betterprotection for more tips on staying healthy.

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