

Lower Your Odds of Becoming Disabled Embrace a Healthy Lifestyle

By implementing simple lifestyle changes, you can significantly decrease your risk of disability. Embracing healthier habits not only benefits you but also brings joy to those who care about your well-being and longevity.



Get Regular Checkups

Your doctor is your ally in staying healthy, not just treating illness. Regular checkups and screenings are crucial, especially if you have a family history of certain medical conditions.



“Watch Your Back”

Back injuries and arthritis are the leading causes of disabilities. Reduce injury risk by losing weight, stretching before workouts, and using proper weightlifting techniques.



Cultivate Your Mental and Emotional Health

Maintain positive relationships with family and friends, stay active through work, recreation, and community involvement, and prioritize relaxation and happiness to reduce stress and lower the risk of physical illnesses.



Become Safety-Minded

Disability-causing incidents can spring up when you least expect them. Drive defensively, wear your seatbelt, and always use the recommended safety equipment when engaging in activities like biking, boating, or playing sports.



Get Regular Exercise

The American Heart Association recommends 30-60 minutes of exercise at least four times a week. Engaging in physical exercise not only boosts cardiovascular health but also enhances muscle strength, endurance, and bone density.



Watch Your Weight

Excess weight can strain your heart, raise blood pressure, and increase heart attack risk. Choose high-fiber, nutrient-rich fruits and vegetables over high-fat foods.



Get Regular Cancer Screenings

Early detection can save lives. You may need to start screenings at a younger age based on your family history and risk factors.



Avoid Excessive Drinking

Drinking in moderation is fine, but excessive alcohol consumption can result in liver damage and other serious health risks.



Quit Smoking

If you smoke, make quitting your top priority. Nicotine use has been linked to a variety of life-threatening illnesses including cancer, heart disease, and stroke.

Source: Council for Disability Awareness, <https://disabilitycanhappen.org/reducing-your-chances/>