Did You Know?

- For 25+ years, over half of the adult population has been overweight or obese. – HHS & USDA
- Obesity-related conditions (heart disease, stroke, and type 2 diabetes) are among the leading causes of death. - ODPHP
- 81.6% of adults and 81.8% adolescents do not get the recommended amount of physical activity. – ODPHP

Benefits of a Healthy Lifestyle

There are many benefits of having a healthy lifestyle. Examples of some of these benefits are:

- Weight loss
- Reduced cancer risk
- Better sleep
- Heart health
- Immune health
- Strong bones and teeth
- Improved memory
- Increased energy
- Improved longevity
- Disease management and prevention

Duke Healthy Campus Initiative

Check out healthy.duke.edu to learn about how Duke University is encouraging healthy lives on campus and in the community!

Components of a Healthy Lifestyle

Many areas constitute a healthy lifestyle. Some examples include:

Diet: Nutrition is key for giving your body the energy it needs for daily living. Well-balanced and moderate consumption can protect against many diseases and illnesses.

Physical activity: Activity promotes strong muscles and bones, while helping to control body weight. A lack of physical activity can increase the risk for cardiovascular diseases.

Healthy body weight: Maintaining a healthy body weight helps protect against chronic diseases, while an unhealthy weight increases the risk for conditions such as arthritis and diabetes.

Positive outlook: Positivity and strong mental health can help you overcome challenges and deal with daily stressors in a healthy manner.

Sleep habits: A good sleep routine helps give your body the rest it needs for daily life and promotes brain and immune system health.

Words of Wisdom

"Being healthy and fit isn’t a fad or trend. It’s a lifestyle!"

– Tracy Reid