

Women's Health Month



Tips for **women** to maintain and improve your **health**.

Regular Check-Ups: Schedule regular visits with your healthcare provider for check-ups, screenings, and preventive care.

Healthy Eating: Maintain a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit intake of processed foods. Stay hydrated by drinking plenty of water throughout the day.

Regular Exercise: Engage in regular physical activity to maintain a healthy weight, strengthen muscles, and improve cardiovascular health.

Manage Stress: Practice stress-reduction techniques such as deep breathing, meditation, yoga, or mindfulness to manage stress and promote mental well-being.



Self-care is a
revolutionary act
— for women.



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