Take Care of Your Self!

5 Health Tips for Women

1. Be Proactive With Your Health

As women age it seems we are expected to undergo annual screenings for just about everything—cervical cancer, breast cancer, etc. However, while some screenings are definitely worth your time, women who take the time to research their health and get to know their own bodies are able to make more informed calls and decisions when it comes to health. For instance, being pro-active with self breast and mole examinations will often catch a problem early and in the interim if it arises.

2. Exercise With Passion

We all know that it's important to exercise. However, it turns out begrudgingly going to the gym vs. attending your favorite fitness class with fervor makes a big difference when it comes to women's health. For instance, women who discover an exercise regime that they love—for me that's hot yoga, running, and spin class—and approach it positively and regularly are healthier all around.

3. Monitor Alcohol Consumption

Did you know that alcohol affects women more extremely than it does men? Not only are women more likely to suffer liver damage, cardiovascular issues, and hypertension worse than their male counterparts and even if they imbibe only 3 drinks per day or 7 per week—women are also more prone to suffering serious injuries, i.e., collisions and falls, due to regular rounds of over-consumption.

4. Friendships With Other Women

Multiple women's studies tie close friendships among women with better health and longer life. In fact, when researchers studied the social ties and survival rates of women who had been diagnosed with breast cancer (the study appeared in the Journal of Clinical Oncology, March 2006); they noted that those who were socially isolated were more likely to succumb to the disease. Additional studies credit women with stronger bonds to better cognitive ability and longevity.

5. Make Time For Sleep

Sleep is detrimental to so many factors for women—energy, immune health, stress levels, cognitive function, etc.—which is why women who make a point to get 8 hours of sleep per night are healthier in the long run. And a 2007 National Sleep Foundation study backs up this claim, showing that the 3 out of 10 women who get adequate sleep each night have higher-quality waking hours.