



Top 10 Things You Can Do to Be Healthy

Staying healthy is an important part of a successful transition from custody to community. This list can be used as a reminder of important, and often overlooked, things to do to stay healthy.

Check the ["Resources for Top Re-Entry Needs"](#) section to find services to support well-being, including [healthcare, nutrition, substance abuse](#), [mental health](#) and [housing/shelter](#) resources.

- 1) Have a medical home and regular doctor.
- 2) Get screened for cancer.
- 3) Prevent heart disease and stroke.
- 4) Take care of your sexual health.
- 5) Get the vaccines you need (shots).
- 6) Have a healthy baby; get prenatal care.
- 7) Exercise regularly.
- 8) Eat a healthy diet (and maintain a healthy weight).
- 9) Check for and limit exposure to heavy metals like lead.
- 10) Get help for mental/emotional concerns like depression or anxiety.