

Living Well Tip of the Week

Five Minutes for Health!

Stay safe and healthy in five minutes or less with these tips. Take a little time each day to protect yourself and your family.

Find out what you can do in five minutes or less to make a difference to your health and safety, and take action! Some things even take less than one minute. Here is a sample of things you can do to help protect yourself and your family:

- Wash hands (20 seconds)
- Buckle up (4 seconds)
- Test smoke alarms (10 seconds per alarm)
- Eat healthy (2 minutes to make a salad)
- Take the stairs (2 minutes to walk two flights)
- Make an appointment (2 minutes)
- Learn [more 5-minute tips!](#) (4 minutes)



Also, find out what things may take more than five minutes but are worth the time, such as getting enough physical activity and planting your own vegetables.

Browse your Living Well: Make it a Priority website for FREE resources available to you and your dependents on all these Tips.

Go to www.livingwell.utsystem.edu!