



NEW LOCATIONS: The Live HealthSmart Alabama Mobile Market will now be making biweekly stops in Bessemer, Bush Hills, East Lake, Fairfield, Fountain Heights, Kingston, Norwood, Smithfield, Tarrant, and Titusville, and UAB/Cooper Green. Visit the [Mobile Market page](#) to see the full schedule.

RESOURCES /



How to Live More HealthSmart

A healthier future is in your hands! There are many things that you can do to improve your health and the way you feel every day.



Here are a few recommendations for how to get started:



1 Take steps in the right direction

Experts say you're supposed to exercise 150 minutes per week. But they don't know your busy schedule, right? Try this: Whatever exercise you do now—even if you're starting from zero—increase it by five minutes. Then, add five more minutes of exercise each week. Before you realize it, you might create a habit that could raise your energy level and improve your health.



2 Plant good habits

While some of your food choices should come from a garden, you don't have to plant one to eat better. Adding an occasional serving of fruits and veggies to your diet gives you important nutrients that can help you feel better and live longer.



3 Throw out some old junk

There's a reason junk food is called junk. The high-fructose corn syrup they put in almost everything – let's just say it isn't good. It can lead to obesity, diabetes, and all sorts of other problems you don't want. Consider cutting back on soft drinks, juices, candy, and desserts.



4 Pass on fried foods

This is the South. Down here, asking you to stop eating fried foods is like saying, "Turn off the football game." But fried foods aren't doing us any favors, so cutting back is a good thing. Try substituting grilled chicken or fish when possible.



5 Cut down on drinking up

Not only is alcohol filled with empty calories, but it also suppresses your metabolism. In other words, it makes your body work harder to burn off what you put in it. Hold off on that last drink, and you'll be glad you did.



6 No smoking, no vaping, no chewing

There's a reason everyone always says you shouldn't smoke or vape. While we're on the subject, smokeless tobacco isn't exactly doctor recommended. Whether you vape or use tobacco, you're putting yourself at risk for a host of cancers and other health problems. And don't get us started on the dangers of secondhand smoke.

Learn how to Take Down Tobacco, Alabama.

Tips from Future RDs

Click one of the topics below for a video from UAB Employee Wellness.

Meet the RD to Be: All Foods Can Fit



Get tips from Lily Willis, Samford Dietetic Intern and MS Nutrition Candidate 2021, on balanced eating patterns and learn how to break the cycle of fad dieting.



Meet the RD to Be: Physical Activity and Nutrition for Overall Wellbeing



Have you ever wondered how physical activity and nutrition may impact your mental health? Join UAB Dietitian Education Program Student, Adrianna Riggins for a discussion on how to prioritize your mental health through your physical activity and eating habits.



Meet the RD to Be: Common Nutrient Deficiencies and How to Prevent Them



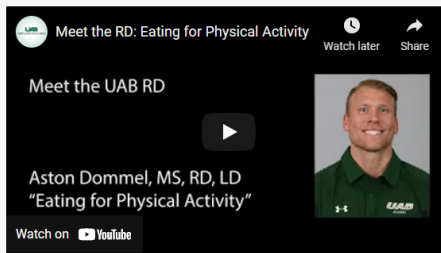
Many Americans have nutrient deficiencies and are not aware of them. Learn about common vitamin and mineral deficiencies and how to prevent them with UAB Dietitian Education Program student Morgan Peach.



Meet the RD: Eating for Physical Activity




Get tips from registered dietitian Aston Dommel, MS, RD, LD, on tailoring eating for physical activity. Learn when, what and how to best fuel your exercise, plus healthy eating tips for daily life.



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SUBMIT



Accepting the Challenge

Live HealthSmart Alabama is the inaugural project of the UAB Grand Challenge, an effort to combine innovative approaches to address real-world problems affecting Alabama's communities. Learn more about the UAB Grand Challenge and the UAB Minority Health & Health Disparities Research Center.



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