



Respect your body.

This is the only body you have, so it's worth taking good care of it. Here's how:

Don't smoke.

Smoking is probably the worst thing you can do for your health and your appearance. Smoking leads to premature aging—grey, leathery skin with deep lines. Cigarettes harm almost every organ of your body and cause about 440,000 deaths each year in the U.S. They're also expensive. We have services to help you quit, and stay quit for good.

Get moving.

Aim for at least 150 minutes of exercise each week, or 30 to 60 minutes each day. People who exercise regularly look trimmer, live longer, and feel better than those who don't. Staying active is also a great way to manage stress, and can help beat the blues. It doesn't have to be hard-core workouts—any physical activity you enjoy that gets your heart pumping will do the trick.

Keep yourself safe.

Accidents are a major cause of injury and death in young adults. So, take precautions that will keep you in one piece. Do you sometimes skip using your seat belt or bike helmet? Do you ever drive with anyone who has been drinking or is high? Do you ever text

while driving? Your choices can put you at risk. Also, if you are in a relationship where someone is hurting you or putting you down, talk to your doctor or a counselor.

Eat the good stuff.

Aim for at least 5 servings of fruits and vegetables every day. Choose whole grains like brown rice and wheat bread. You're probably not getting enough calcium and vitamin D, so go for fortified nonfat or low-fat dairy products, cereals, fish, and dark leafy greens. If you don't eat dairy products, try fortified soy milk or orange juice. Most people also need to take daily supplements: 1,000 mg of calcium and 1,000 to 2,000 IU of vitamin D3. Young women should also take a daily multivitamin with folic acid.

Over time, too much junk food affects your health. Limit added fats. Treat sodas and sweets as occasional treats.

Maintain a healthy weight.

Regular physical activity and healthy eating will help you to avoid weight gain and keep you fit. If you are overweight, focus on making changes to stop the weight gain or slowly lose some weight. Eating breakfast every day makes it easier to get to or maintain a healthy weight. Listen to your body's needs by eating healthy foods when you feel real hunger and stopping when you feel satisfied.

Being overweight now can lead to health problems later in life, so it is a great idea to learn weight management strategies now. Ready to work toward a healthy weight? We have programs and services that can help. Check out your doctor's homepage at kp.org/mydoctor.

Be smart about sex.

If you decide to have sex, make it on your own terms. Hooking up or having

unprotected sex can lead to unplanned pregnancy and/or sexually transmitted diseases, such as Chlamydia and HIV/AIDS. Did you know that half of all pregnancies are unplanned? Always use a condom and make a birth control plan. We can help you choose a method that works for you.

Think if you drink.

Being buzzed might be fun at the time, but it can lead to unpleasant consequences (vomiting, hangovers) and more serious problems (unplanned sex, car accidents, and injuries). When you drink, you are more likely to do things you might regret. Know the law, know your limits, and never drink and drive.

Decide whether drugs have a place in your life.

Keep in mind that getting high can hurt your body, mess up your judgment, and affect your ability to achieve your goals. Some drugs are addictive, taking control of your brain so that getting the drug becomes your main priority. This can get you into trouble at school, at home, and with the law. Taking prescription medicine that is not yours is dangerous and even life-threatening.

Limit sun exposure.

Too much sun causes visible wrinkling of the skin and skin cancer. Wear sunscreen every day, and cover up when exposed to bright sun for long periods of time. There is no such thing as a "safe" tan.

Get plenty of sleep.

Sleep is how your body restores itself. When you don't get enough, your memory, concentration, and appearance suffer. Sleep-deprived people who get less than 7 hours a night are more likely to get sick, have accidents, gain weight, or become depressed. Aim for 8-9 hours a night.

When to go...	What you may need	When you need it
See your doctor or practitioner	• Diagnosis and treatment of a health problem or referral to a specialist	Whenever you have an injury, illness, or health concern that needs medical attention
	• Blood pressure • Body Mass Index (BMI)	Every 1 to 2 years
	• Birth control • Emergency contraception	If you are a woman who has sex with men, and you do not want to become pregnant
	• Chlamydia test • Pap test	If you are a woman who has had sex: • Chlamydia test every year All women: • Pap test every 3 years, starting at age 21
	• Test for HIV and other STDs	If you have more than one sexual partner, are pregnant, or have any reason to think you may be at risk
For immunizations	• Tdap (Tetanus/Diphtheria, Pertussis)	• Pregnant women should get this vaccination during each pregnancy preferably between 27 and 36 weeks. • If you have close contact with a baby, you should get this vaccine if you haven't had a tetanus booster shot in the last 2 years. • If you're not around infants, you only need a one-time booster, 10 years after your last tetanus shot.
	• MMR (Measles, Mumps, Rubella) • Varicella (Chicken Pox) • Hepatitis B • Meningococcal • Meningococcal booster	If you did not have the prescribed doses when you were younger
	• HPV (Human Papillomavirus) Vaccine	Talk to your doctor if you are a young woman or man who did not receive 3 doses when you were younger.
	• Hepatitis A	If you are a male who has sex with men, if you have chronic liver disease, if you inject drugs, if you are traveling to a country or living in a community with high rates of Hepatitis A
	• Influenza	Yearly to reduce your risk of getting the flu
For help from a specialist	• Ophthalmologist* or Optometrist	If you think you may have problems with your vision, or need eye glasses or contact lenses
	• Gynecologist	When you need your regular Pap test or need pregnancy testing, birth control, prenatal care or have other questions or concerns related to reproductive health
	• Mental Health Professional	• If you feel depressed, sad, or overly stressed or if you have experienced some form of abuse • If you are overly focused on your weight, or if you think you may have a problem with drugs or alcohol
	• Dermatologist*	If you have problems with your skin or complexion. Your primary care provider may provide these services.
	• Sports Medicine Specialist*	If you are a competitive athlete and/or need help with a specific injury
	• Clinical Health Educator*	If you want help with nutrition or managing your weight

*Your doctor can refer you, as needed.

Staying healthy on the inside

Your emotional and mental well-being can affect your overall health as much as injury or illness. Depression, anxiety, and other mental health problems are common, but sometimes go undiagnosed and untreated. Your doctor can discuss any concerns you may have and refer you to a program or individual practitioner who can help you feel better.

Talk with your doctor or a professional in the mental health department if you've experienced any of the following:

- emotional, physical, or sexual abuse
- problems with drugs or alcohol, or a pattern of unsafe sex

- feeling sad or hopeless or not enjoying the things that you used to for more than 2 weeks at a time
- getting in fights or feeling angry more often than you used to
- thoughts of hurting yourself
- unhealthy weight control (such as bingeing, purging, or restrictive dieting)
- feeling so stressed out that you're overwhelmed

Don't wait to ask for support if you need it. We're here to help.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

Other Resources

Download the KP Preventive Care Mobile App, available in the Apple App Store and Google Play, for your iPhone, iPad, or Android to get health tips and personalized alerts about the care you need to stay healthy.

Visit kp.org/youngadulthealth or kp.org/mydoctor, where you can:

- E-mail your doctor.
- Check the immunizations and screening tests you may need.
- Use online programs to help you be your healthiest.
- Make routine appointments, check lab results, and refill prescriptions—all online.

If you are being hit, hurt, or threatened by a partner or being pressured to have sex, it can seriously affect your health. There is help. Call the National Teen Dating Abuse Helpline at 1-866-331-9474 or connect to loveisrespect.org.