

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

October is Breast Cancer Awareness Month



When it comes to your breast health, don't be fooled by rumors and misinformation. Get the facts. Test your knowledge of SIX common beliefs about breast cancer.

[TAKE THE QUIZ: BREAST CANCER](#)

Breast Cancer Resources

[Susan G. Komen](#)

[American Cancer Society](#)

[Centers for Disease Control and Prevention](#)

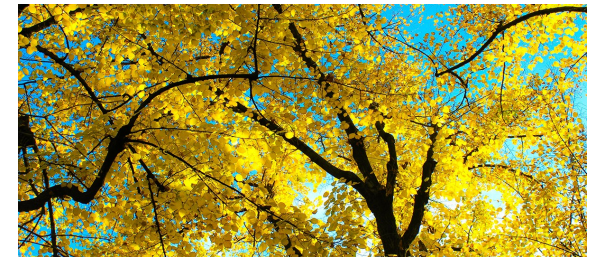
Prepare for the 2020-2021 Flu Season

The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze, wash your hands often, and stay home if you get sick.

[PREVENTION](#)

[SYMPTOMS](#)

[TREATMENT](#)



Stay Physically Active this Fall!

Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, and even boost your self-esteem. Regular exercise can help you control your weight, reduce your risk of heart disease and certain cancers, and strengthen your bones and muscles.

REMEMBER

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or an equivalent combination of moderate and vigorous aerobic activity.
- Strength training exercises of all the major muscle groups at least twice a week.

Mayo Clinic offers these resources:

[Strength training: How-to video collection](#)

[Fitness ball exercises: How-to video collection](#)

[Slide show: A guide to basic stretches](#)

[Slide show: Exercises to improve your core strength](#)

[Slide show: Balance exercises](#)