

# HEALTH DISPARITIES

## CHALLENGE YOURSELF

April is a time to raise awareness about health disparities and encourage everyone to take charge of their well-being. We're committed to helping you stay healthy through preventative care and physical fitness—key steps to preventing health problems before they start.

### Why Preventative Care Matters

Preventative care is your first line of defense against chronic conditions like diabetes, heart disease, and hypertension, which disproportionately affect minority communities. Regular check-ups, screenings, and healthy habits can catch issues early and keep you thriving. This month, let's prioritize:

#### Annual Wellness Visits

Schedule yours today to assess your health and set goals.

#### Screenings

Blood pressure, cholesterol, and glucose checks can detect risks early.

#### Vaccinations

Stay protected against preventable diseases—ask us what's due!

### Get Moving for Better Health

Physical fitness isn't just about looking good—it's about feeling good and preventing illness. Even small steps can make a big difference:

#### Start Simple

A 30-minute walk, 5 days a week, can lower your risk of heart disease and boost your mood.

#### Stay Consistent

Find activities you enjoy, like dancing, biking, or yoga, to keep moving.

#### Build Strength

Light resistance exercises can improve bone health and metabolism.



**Your 30-Day Health Challenge Starts Now!**

Ready to transform your health this April? Join our 30-Day Preventative Care & Fitness Challenge:

#### Week 1: Kick Off with Care

Schedule your annual wellness visit or a screening with us. Walk 30 minutes a day, 5 days this week.

#### Week 2: Build the Habit

Add 1 extra serving of fruits or veggies to your daily meals. Try a new activity (dancing, stretching, etc.) for 20 minutes, 3 times this week.

#### Week 3: Boost Your Strength

Do a simple strength exercise (like squats or arm lifts) for 10 minutes, 4 days this week. Check in with us about your vaccination status.

#### Week 4: Finish Strong

Increase your walks to 40 minutes, 5 days this week. Celebrate your progress—share your wins with us at your next visit!



**HANFORD**  
740 N. Irwin St.  
Hanford, CA 93230  
**559.272.9551**

**VISALIA**  
4004 S. Demaree St. #A  
Visalia, CA 93277  
**559.272.9549**

**PORTERVILLE**  
99 W Putnam Ave  
Porterville, CA 93257  
**559.272.9544**

[www.healthwise.clinic](http://www.healthwise.clinic)