

Promoting a Healthy Lifestyle

The maintenance of a healthy lifestyle is essential for post-polio patients to limit the possible development of future problems. Patients should be encouraged to:

- Take care of their health by eating a healthy diet, maintaining a healthy weight, avoiding alcohol and ceasing smoking;
- Listen to their own bodies – change or reduce activities (including exercise) that cause pain or excessive tiredness;
- Pay attention to their lifestyle; and
- Reduce stress.