

[National Women's Checkup Day](#)

National Women's Checkup Day is dedicated to encouraging women to visit health care professionals to get or schedule a checkup and to promote regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections (STIs), and other conditions.

Women's Checkup Day is part of National Women's Health Week. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Getting at least 2 hours and 30 minutes of moderate [physical activity](#), 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- [Eating a nutritious diet](#)
- Visiting a health care professional to get regular checkups and [preventive screenings](#)
- Avoiding risky behaviors, such as [smoking](#) and not wearing a seatbelt
- Paying attention to [mental health](#), including getting enough sleep and managing stress

[Learn more about National Women's Health Week.](#)