

BETTER HEALTH TIPS

Small daily choices lead to a healthier, happier you.



1



EAT A BALANCED DIET

Choose whole foods, eat more fruits and vegetables, lean proteins and healthy fats. Limit processed foods and added sugar.

2



STAY HYDRATED

Drink plenty of water throughout the day. It helps your body function well and keeps you energised.

3



EXERCISE REGULARLY

Aim for at least 30 minutes of physical activity most days. Exercise boosts energy, mood and overall well-being.

4



SLEEP WELL

Get 7–9 hours of quality sleep each night. Good sleep improves focus, mood and immune function.

5



MANAGE STRESS

Practice deep breathing, meditation or yoga. Taking time to relax helps reduce stress and supports mental health.

6



GET REGULAR CHECK-UPS

Regular health check-ups help detect problems early and keep you on track for a healthier life.

7



AVOID TOBACCO AND LIMIT ALCOHOL

Avoid smoking and limit alcohol. These can harm your body and increase the risk of many diseases.

8



EAT MINDFULLY

Eat slowly and enjoy your food. Pay attention to hunger cues and stop when you're satisfied.

9



GET SOME SUNLIGHT

Safe sunlight in the morning helps your body make vitamin D and improves your mood.

10



WASH YOUR HANDS

Good hygiene prevents infections. Wash hands often, especially before eating and after using the toilet.

11



MAINTAIN A HEALTHY WEIGHT

A healthy weight reduces the risk of chronic diseases and helps you feel better every day.

12



STAY POSITIVE

A positive mindset improves mental health and helps you handle challenges better.

EXTRA TIPS FOR A HEALTHIER YOU



LIMIT SCREEN TIME

Too much screen time can affect sleep and increase stress.



KEEP LEARNING

Learn new things, read books and keep your mind active.



STAY CONNECTED

Spend time with family and friends. Strong relationships improve happiness and health.



LIVE IN A CLEAN SPACE

A clean and organised environment reduces stress and promotes better health.



LISTEN TO YOUR BODY

Don't ignore pain or unusual symptoms. Rest when needed and seek medical advice when necessary.



TAKE CARE OF YOUR BODY. *It's the only place you have to live.*

