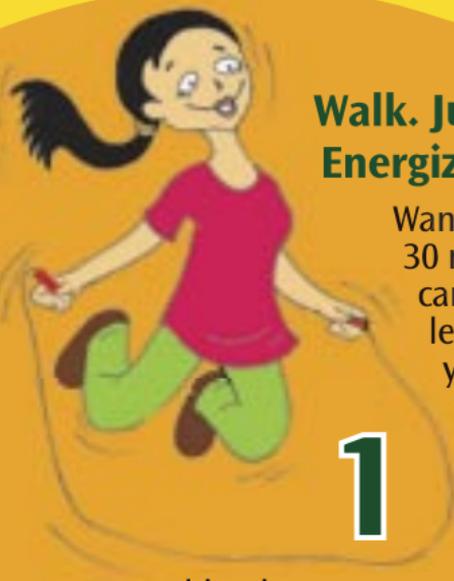


Click

5

Practice five basic principles for a healthier life at your fingertips



Walk. Jump. Slide. Shake. Energize!

Want to feel peppy all day long? Just 30 minutes of any physical activity can get you into good shape and leave you raring to go. Slip it into your daily routine – like work or study, watching TV and meeting friends – and maintain the habit. Exercise burns excess fat, a known risk factor for heart disease, stroke and

blood pressure problems, and helps regulate cell and organ functions that can in turn keep cancer and diabetes at bay. So, get your family to join in, spend some quality time exercising together and fight diseases with fun!

You are what you eat. Go for balance!

What you eat can strengthen your immune system and help you lead a longer, more productive and healthier life. If you don't watch how much you eat, it can make you overweight, anorexic or anaemic – unfavourable conditions that may cause weakness or lethargy. To find out if you need to manage your weight better, look up our BMI calculator on www.healthyindia.org.in. Here's a quick diet guide for when you eat at home or eat out:

2



BALANCE

Regular meals and fibre-rich food like fruits, vegetables & whole grains

MINIMIZE

Sugar and salt intake in your food and beverages

AVOID

Deep-fried foods & maida (refined wheat flour); processed foods

Reach Us to Reach Health
www.healthyindia.org.in

Too much stress is injurious to health.

De-stress now!

3

Feeling like the sky is falling? Change can be confusing, frightening or upsetting. It can trigger persistent stress, which could lead to several health problems or unhealthy behaviours like alcohol consumption, drug abuse and overeating. The *mantra* is to treat mistakes as learning opportunities and recharge your batteries by doing something to relieve your mind, be it listening or dancing to music, helping a person in need, painting, exercising, meditating or going to the park!

No ifs, just no puffs

Smoking has serious negative effects on the body. Hazardous substances in tobacco enter the bloodstream leading to many cancers, respiratory diseases, heart and blood vessel diseases, blood pressure and circulation problems, complications in pregnancy and decreased ability to do any physical activity.

If you quit smoking or help someone quit, many health risks can get lowered with immediate effect.

4



5

Start Young

Most people wake up to the need for a healthy lifestyle too late in life. If you are young, start now, or if you are responsible for a young person, get her or him started. There are choices and trade-offs for better health and they are all in your hands.



You can do it!



Sampoorna

Paushtik

Aerobica

Buddhi Prakash

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