

5 STEPS TO MAINTAIN YOUR HEALTH



01. GET ENOUGH SLEEP.....

Good sleep hygiene promotes better physical health, mental sharpness, and emotional well-being.

02. EXERCISE AS OFTEN AS YOU CAN.....

Engage in physical activity regularly. Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise each week.

03. AVOID TOBACCO, ALCOHOL, AND DRUGS.....

Refrain from using tobacco products, limit alcohol consumption, and steer clear of recreational drugs.

04. EAT A HEALTHY, BALANCED DIET WITH LOTS OF VEGETABLE.....

Consume a variety of nutrient-rich foods. Aim for a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

05. GET REGULAR CHECKUPS.....

Regular health screenings and check-ups can help detect potential health issues early on, allowing for timely intervention and better management of health concerns.