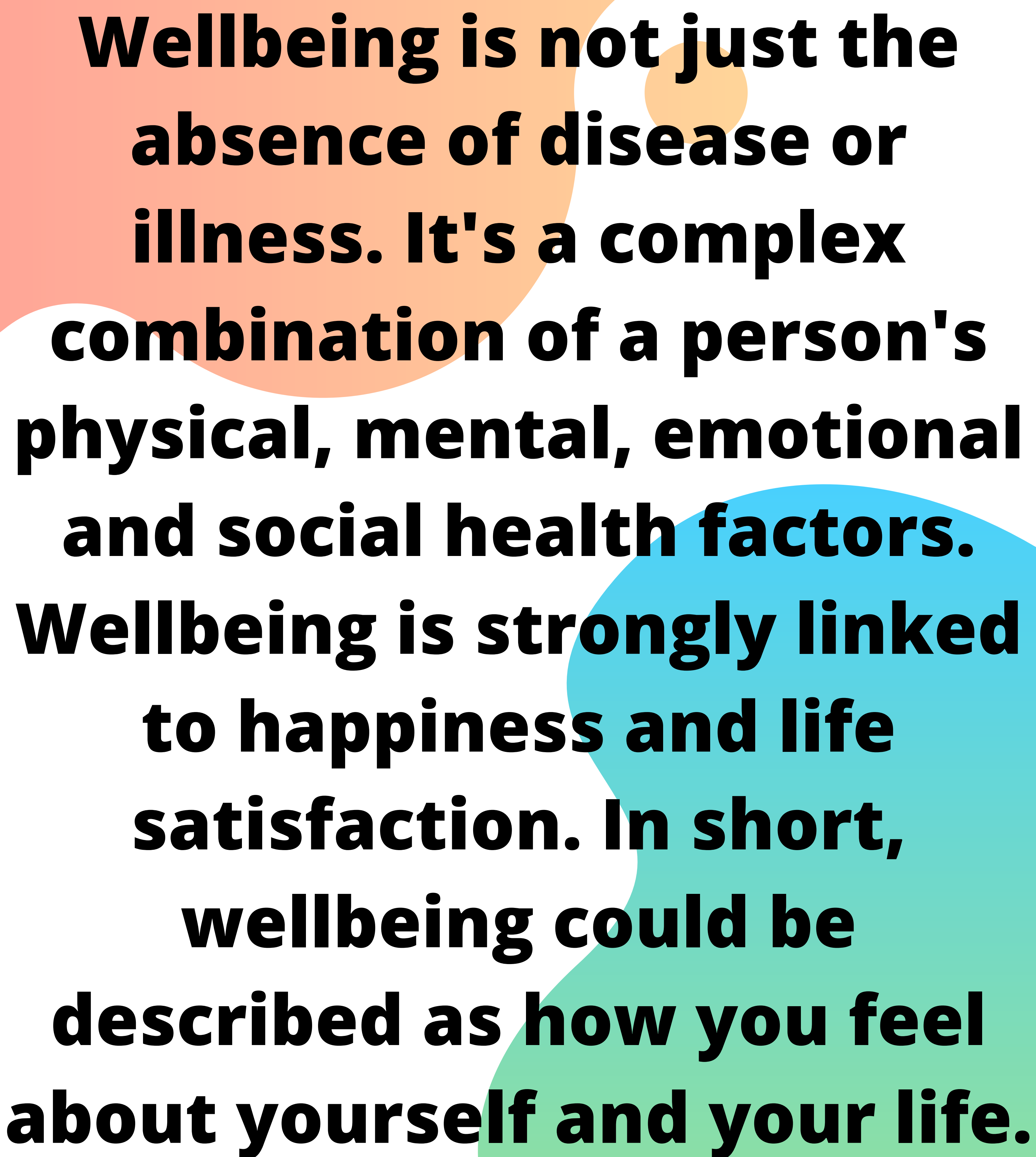


Care Collective

**- A interactive
magzine for a better
life**



Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

- **Regular exercise and physical activity promotes strong muscles and bones.**
- **Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image.**



**Here are some ways
to stay fit and
healthy:**

1 Regular Check-ups

2 Get enough sleep

3 Exercise

4 Eat healthy food

**5 Do not skip
breakfast**

**6 Drink plenty of
water**