

# 5 STEPS TO MAINTAIN YOUR HEALTH

1

## GET ENOUGH SLEEP

Good quality sleep is essential for physical and mental health aim for 7-8 hours of sleep per night.

2

## EXERCISE AS OFTEN AS YOU CAN

Regular exercise helps improve cardiovascular health, build muscle, and boost mood.

3

## DON'T USE TOBACCO, ALCOHOL AND DRUGS

Habits such as smoking, excessive alcohol consumption, and drug use can have serious negative impacts on your health.

4

## EAT A HEALTHY, BALANCED DIET WITH LOTS OF VEGETABLE

A balanced diet provides your body with the essential nutrients it needs to function properly.

5

## GET REGULAR CHECKUPS

Chronic stress can lead to a variety of health problems, including high blood pressure, anxiety, and depression

