



Tips to stay fit and healthy

To stay healthy and fit, cultivate habits and behaviours that will enhance your health and reduce the risk of illness.

Exercise

- Exercise for 30 minutes a day, three to five times a week.
- Take part in some kind of sport.
- Do active work at home like work in your garden or yard or clean the house.
- Take a brisk walk, jog or swim.

Smoking

- Do not start smoking, or stop smoking.

Alcohol and drugs

- Drink alcohol moderately, or stop drinking.
- Do not take drugs.

Practise safe sex

- Abstain from sex; delay starting to have sex; do not rush into sex with each partner.
- Be faithful to one partner.
- Use condoms to protect yourself during sex.

Eating

- Eat balanced meals.
- Eat a variety of all food groups (starch, protein, fat, dairy products).
- Eat at least two portions of vegetables and fruit a day.
- Reduce fat in the diet.
- Take less sugar and salt.
- Drink at least eight glasses of water every day.

Sleep

- Sleep seven to eight hours a night.

For more information go to your nearest clinic.