

Eat Healthily

Maintain a sufficient and balanced diet.

Add vegetables and fruits to your diet.

Eat foods containing fiber.

Avoid ready-to-eat/processed foods.

Limit intake of salt, sugar, and fat.



Choose smaller and healthy portions.

Stay Active

Consult with your physician before starting an exercise routine.

Take the stairs.

Walk instead of taking the car.



Engage in moderate-intensity physical activities for at least 30 minutes five times a week.

Stop smoking and drinking

Quit smoking.

Quitting protects your health and the people around you.

Protecting yourself from tobacco smoke prevents cardiovascular diseases.



Have your blood pressure, blood sugar, cholesterol, and body mass index checked regularly.

Follow your doctor's advice to lead a healthy life.

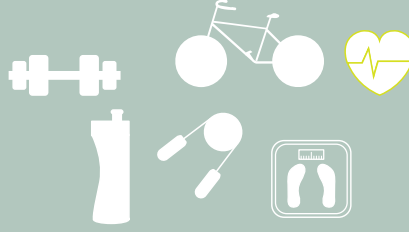
Give your heart a treat.

To protect yourself from cardiovascular diseases;

Eat Healthily



Stay Physically Active



Stop smoking and drinking



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Follow your doctor's advice to lead a healthy life.

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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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GIVE YOUR HEART A TREAT

