



“Lead a Healthy Lifestyle.
Be Healthy For Life”

Be Healthy For Life!



Be Healthy For Life

The key to good health throughout your life is to practise a healthy lifestyle which includes:

- Eating healthily
- Being physically active
- Not smoking
- Learning to handle stress

Benefits of a healthy lifestyle:

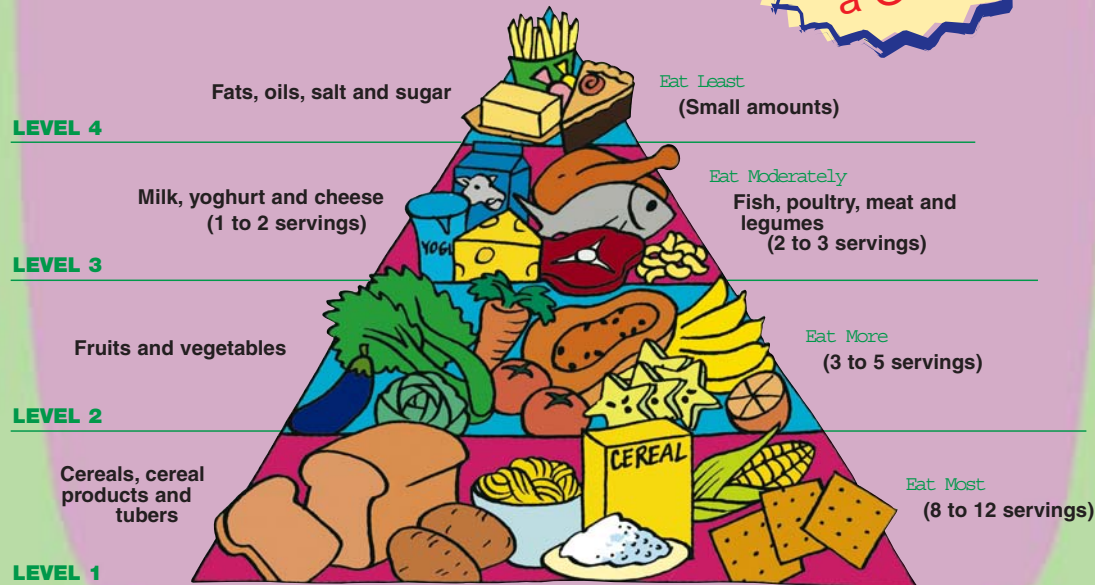
- Improves your health status
- Reduces your risk of getting diseases such as diabetes, heart attack, stroke and high blood pressure
- Makes you look and feel better about yourself
- Enables you to have more stamina and energy to enjoy life



Eat Healthily. Be Healthy For Life

- Enjoy a variety of food
- A variety of food supplies all the nutrients you need
- Choose daily a combination of food based on the Food Pyramid

Use
the Food
Pyramid as
a Guide



LEVEL FOOD GROUP	NUTRITIONAL VALUE	RECOMMENDED INTAKE	EXAMPLES OF ONE (1) SERVING
Level 1: Cereals, cereal products and tubers	<ul style="list-style-type: none"> • Good sources of complex carbohydrates • Provide vitamins, minerals, fibre and some protein • Generally low in fat 	8 to 12 servings	<ul style="list-style-type: none"> • 1/2 cup cooked rice (white or brown) • 1/2 cup soaked meehoon/mee/pasta/other noodles • 1/2 small chapatti • 1/2 cup sweet potatoes/tapioca/yam
Level 2: Fruits and vegetables	<ul style="list-style-type: none"> • Good sources of vitamins, minerals and fibre 	3 to 5 servings	<p><i>Vegetables:</i></p> <ul style="list-style-type: none"> • 1/2 cup cooked dark green leafy vegetables with edible stem • 1/2 cup cooked fruit/root vegetables <p><i>Fruits:</i></p> <ul style="list-style-type: none"> • 1/2 medium size guava • 1 slice papaya/pineapple
Level 3: Milk and dairy products (excluding condensed milk, butter and cream) Fish, poultry, meat and legumes	<ul style="list-style-type: none"> • Essential sources of calcium • Important sources of protein • Good sources of protein • Rich in B-vitamins, iron and zinc • Legumes are also rich in magnesium and fibre 	1 to 2 servings 2 to 3 servings	<ul style="list-style-type: none"> • 1 cup milk • 1 cup yoghurt • 1 slice cheese • 1 medium size chicken drumstick • 1 medium size ikan kembong • 2 matchbox size lean meat • 5 tablespoons anchovies • 2 eggs • 1/2 cup dried beans/legumes
Level 4: Fats, oils, sugar and salt	<ul style="list-style-type: none"> • Fats and oils contain essential fatty acids (EFAs) and vitamins A, D, E and K • Sugars (e.g: honey, granulated sugar, syrup, brown sugar and glucose) provide calories but little or no nutrients 	Small amounts	

How can you eat healthily?

- Eat nutritious food to meet your daily requirements
- Choose food low in sugar, salt and fat
- Eat more fruits and vegetables
- Drink 6 to 8 glasses of water a day



- Choose clean food premises
- Cook with less oil, salt and fat e.g: steam, boil, grill, bake, broil or roast
- Choose clean and safe food



Start Your Day With A Good Breakfast

Eat on a regular basis

- Have 3 main meals a day
 - Breakfast in the early morning
 - Lunch at midday
 - Dinner at late evening



Whenever possible eat with your family



- Choose nutritious snacks
 - Snacks can be taken at mid morning and mid afternoon
 - Avoid snacking throughout the day
 - Take nutritious snacks between meals
 - Do not snack too much or too close to the main meal time

Ensure you have a healthy weight

- Weigh yourself regularly
- Know your Body Mass Index (BMI) to know whether you are under, over or have a healthy body weight
- Achieve and maintain healthy body weight for good health



$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

If your BMI is...

Less than 18.5
18.5 to less than 25
25 to less than 30
30 and above

You are...

Underweight
Healthy Weight
Overweight
Obese

Be Physically Active. Be Healthy For Life



Physical activity involves all movements of your body in your daily life which uses energy such as work, recreation, exercise and sports



Physical activity is important for your

Our modern lifestyle and all the conveniences have made us sedentary - and that is dangerous for our health. Physical inactivity or lack of exercise can lead to:

- Obesity
- Risk of getting diseases such as heart disease, high blood pressure and diabetes

It is estimated that more than 2 million deaths occur annually as a result of physical inactivity

Source: World Health Organisation

Lead an active lifestyle

- Choose physical activity that suits you
- Put together at least 30 minutes of light to moderate physical activity each day, not less than 10 minutes each time



Examples of daily physical activities

LIGHT 60 minutes daily	MODERATE 30 minutes daily
<ul style="list-style-type: none">• Light walking• Stretching• Light gardening	<ul style="list-style-type: none">• Brisk walking• Biking• Swimming• Dancing• Skipping• Aerobics• Jogging• Step up bench

Benefits of physical activity

Endurance

- Helps your heart, lungs and circulatory system to stay healthy
- Gives you more energy (e.g: brisk walking, jogging, biking, swimming, racket sports and aerobics)





Flexibility

- Helps you to move easily
- Keeps your muscles relaxed
- Keeps your joints mobile (e.g: mopping the floor, stretching exercise, tai-chi and yoga)



Strength

- Helps your muscles and bones to stay strong
- Improves your posture
- Helps to prevent diseases like osteoporosis (e.g: cutting and piling wood, raking and carrying leaves, lifting and carrying groceries, climbing stairs, exercises like sit-ups and push-ups)



Exercise yourself to a healthy heart

Exercise is a form of physical activity, which should be done often, within a specific period of time, repeatedly with the aim of enhancing fitness and health status.

Use **FITT** as a guide when exercising.

F - Frequency:	3-5 times a week
I - Intensity (Effort):	until you sweat and breathe deeply without any effort
T - Time:	at least 20 minutes each session (not including warm-up and cool down sessions)
T - Type:	aerobics, playing games e.g: soccer, netball, badminton, skipping, cycling

Exercise regularly at least 3 times a week, 20-30 minutes each time



Remember to exercise safely and correctly

Do's ...

- Warm-up and cool down before and after exercise
- Wear light and loose clothes that allow sweat to evaporate
- Wear comfortable, well-cushioned shoes
- Drink plenty of water, before, during and after exercise



Don't s..

- If you are unwell or have any chest pain
- If the weather is very hot, dark or hazy
- Less than 2 hours after a meal



Caution...

- **Do not take a hot shower immediately after exercise. Wait until you have cooled down and stopped sweating**
- **If you are feeling breathless or experience chest pain, stop immediately**
- **If you are jogging in the streets, face on-coming traffic. Avoid exercising in a busy street with a heavy flow of traffic**



Do Not Smoke. Be Healthy For Life

Smoking increases the risk, up to 10 times, of getting 40 serious diseases such as lung cancer, emphysema, heart diseases and stroke.

Smoking can affect almost every organ and tissue of your body.



Cigarette smoke is poisonous

There are 4,000 chemicals in a cigarette smoke. 200 are toxic and 63 of them are carcinogenic (can cause cancer).



Smoking is prohibited by all religions

Smoking is bad for everyone

- Smoking hurts those around you especially your family members.
- Pregnant mothers who smoke or are exposed to cigarette smoke are more likely to have premature, underweight or stillborn (dead) babies.
- Children who are exposed to cigarette smoke can:
 - fall sick more often with coughs, cold, ear, nose and throat infections
 - have slower development of their lungs
 - develop asthma



Quit smoking and you...

- Live longer
- Do not inhale poisons
- Protect yourself, your family, and others from the dangers of smoking
- Become a good role-model to your children
- Improve your fitness and have a healthy body
- Improve your sense of smell and taste
- Have whiter teeth and fresher breath



Be Healthy! Learn the right methods to quit smoking

- Set a date to quit
- Be confident
- Make reminder notes
- Tell yourself "I am not a smoker"
- Concentrate on today
- Always think positive
- Get support
- Overcome the urge to smoke
- Use Nicotine Replacement Therapy
- Practise **10 D's** to quit smoking



10 D's to quit smoking

1. **D**elay
2. **D**rink lots of water
3. **D**eep breathing
4. **D**o something
5. **D**on't go to places where people smoke
6. **D**o chew something
7. **D**o wash your hands often
8. **D**o take baths frequently
9. **D**o stretching exercises
10. **D**o recite prayers



Handle Stress. Be Healthy For Life

Anger is a major emotional problem due to stress

Stress is the physical, emotional and mental response to change. All of us experience stress - at home, school or work. A small amount of stress is

necessary for

us to function effectively and can be a good motivating factor.

Too much stress that goes on for a long time can be harmful.



What makes you stressful?



- Yourself (e.g: you're frustrated, you never get what you want)
- Your family (e.g: problems with your spouse and children, household duties or financial difficulties)
- Your work (e.g: you cannot finish your work, you have not done well in your work, your boss is not happy with you, you did not get the promotion, changing jobs and retrenchment)

- Your community (e.g: unfriendly neighbours and community)



What happens when you're stressed ...

- Your heart will beat faster and your breathing becomes difficult
- You get angry easily
- You feel unhappy
- You lose appetite



- You lose interest in work
- You don't enjoy your hobbies and interests
- You lose sleep
- You shout at others
- You feel like throwing things
- You sulk and you keep away



Stress, when it is too much, goes on for too long and if you are unable to cope, will lead to anger.



Lessen stress by learning to handle anger effectively



Practise these when you are angry:

- Know that you are angry ...
"Say: I am angry now!"
- Try to cool down and stay calm ...
count to 10, say a prayer, take a deep breath ...
Say: "Cool it. Take it easy"
- Find out why you are angry.
Identify the problem
- Make an effort to listen to the other person
- Do not say things to hurt or punish the other person
- Leave the place immediately if you are losing your temper
- Talk to a confidante if you cannot handle it
- Learn to forgive and forget - people do make mistakes!



Learn problem-solving skills the IDEAL way

- I** - Identify the problem
- D** - Describe possible options
- E** - Evaluate consequences of each option (the pro's and con's)
- A** - Act. Choose an option to act upon
- L** - Learn. Review how well the action was carried out

Ways to make you less likely to be angry

- Think positively
- Do not blame others or circumstances when things go wrong
- Learn to like yourself
- Make the best of what you have
- Learn to accept what you cannot change
- Do not worry too much about your shortcomings





- Learn to relax
- Exercise regularly
- Have hobbies
- Make time for family, work and leisure
- Have enough sleep
- Have someone to talk to
- Learn to be assertive. Learn to say NO to extra activities, invitations or appointments that you know you cannot fulfil
- Set realistic goals for yourself. You cannot achieve everything. Realise that not everything is as important as you think

