



I love my body

I stay active

**I live a healthy lifestyle.
I am physically active.**

- I use the stairs
- I brisk walk
- I cycle
- I do gardening and housework

**Be like me. Just devote 30 minutes
to physical activity every day to
keep healthy.**



Utamakan Kesihatan
Sihat Sepanjang Hayat

www.infosihat.gov.my

LOVE YOUR BODY. TAKE IT SERIOUSLY.

