

#CHOOSEHEALTH

12 TIPS TO BE HEALTHY

- 1**
EAT A HEALTHY DIET
- 2**
BE PHYSICALLY ACTIVE, EVERY DAY, YOUR WAY
- 3**
GET VACCINATED
- 4**
DON'T USE ANY FORM OF TOBACCO
- 5**
AVOID OR MINIMIZE USE OF ALCOHOL
- 6**
MANAGE STRESS FOR YOUR PHYSICAL AND MENTAL HEALTH

- 7**
PRACTICE GOOD HYGIENE
- 8**
DON'T SPEED, OR DRINK AND DRIVE
- 9**
WEAR A SEAT-BELT WHEN DRIVING AND HELMET WHEN CYCLING
- 10**
PRACTICE SAFE SEX
- 11**
REGULARLY CHECK YOUR HEALTH
- 12**
BREAST FEEDING: BEST FOR BABIES



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