

## HOW TO STAY HEALTHY

**EAT HEALTHY AND NUTRITIOUS FOOD**



**AVOID JUNK FOOD AND FIZZY DRINKS**

**EXERCISE DAILY FOR AT LEAST 60 MINUTES**



**SAY NO TO TOBACCO ALCOHOL & DRUGS**

**SAY GOODBYE TO GERMS WITH GOOD PERSONAL HYGIENE**



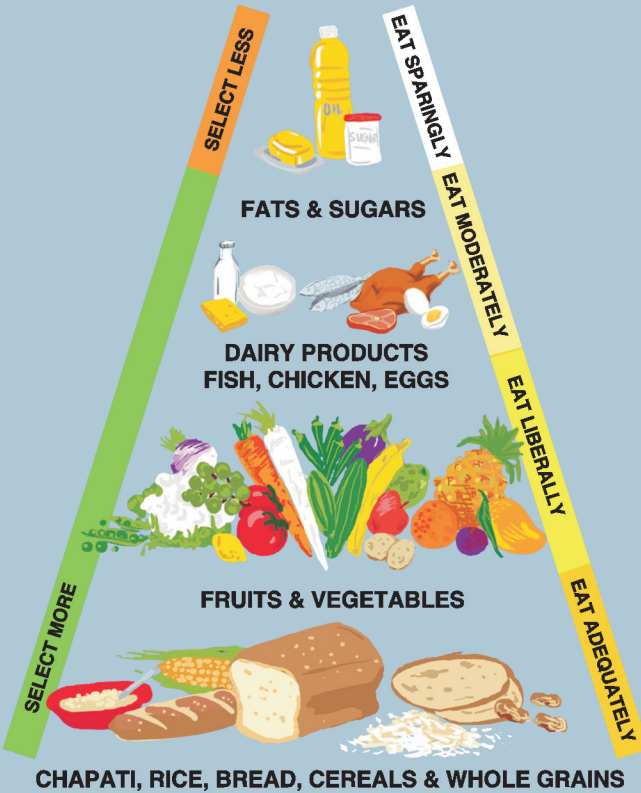
**MINIMUM 6-8 HOURS OF NIGHT SLEEP**



**FOLLOW TRAFFIC RULES**



## EAT HEALTHY



**WASH YOUR HANDS WITH SOAP BEFORE AND AFTER EATING**

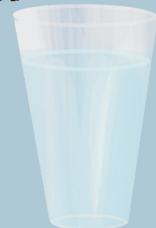
**WASH VEGETABLES AND FRUITS BEFORE COOKING AND EATING**

**EAT SLOWLY. TAKE TIME TO PROPERLY CHEW AND ENJOY YOUR FOOD**

**DON'T SKIP YOUR MEALS**

**DRINK AT LEAST 8-10 GLASSES OF WATER DAILY**

**DRINK SAFE AND CLEAN WATER.**



*Eat healthy, stay healthy*

## AVOID JUNK FOOD & FIZZY DRINKS

*JUNK FOOD IS A TERM USED TO DESCRIBE FOOD THAT ARE HIGH IN FAT, SUGAR & SALT*



*WE MIGHT TASTE GOOD BUT WE ARE NOT GOOD FOR YOUR HEALTH*

*WE MAKE YOU FEEL LAZY*

*WE CAUSE HEART DISEASES, OBESITY, DIABETES, DIGESTIVE PROBLEMS, KIDNEY AND LIVER DISEASES LATER IN LIFE*

*WE AFFECT YOUR GROWTH*

*WE CONTAIN LITTLE OR NO VITAMINS, MINERALS, PROTEINS AND FIBER*

*Choose health, Avoid Junk Food*

## EXERCISE FOR AT LEAST 60 MINUTES DAILY



**GO FOR A WALK**  
Cycle or Walk to the school if possible



**TAKE THE STAIRS** instead of the elevator

**PLAY OUTSIDE**



**MODERATE EXERCISE EVERYDAY FOR STRONG MUSCLES & BONES**

like cycling, football, push-ups, jumping and running

**CUT DOWN ON TV watching**  
Video and computer, mobile games



*Active living, healthy living*

## FOLLOW TRAFFIC RULES AND ROAD SAFETY PRACTICES

**FOLLOW SIMPLE STEPS WHILE CROSSING THE ROAD:**

**STOP & STAND** on footpath,

Find a safer place to cross the road

**LOOK, LISTEN** in all direction for any traffic

**THINK** before crossing the road

**CROSS** when there is no traffic

Find a safe place to cross the road

**WALK STRAIGHT** across the road

Don't Run



### SCHOOL BUS SAFETY TIPS

**WAIT** for school bus

on Footpath or Safe Place -away from road or traffic

**STAY AWAY FROM BUS** until it comes to a complete stop

**Look** in every direction while getting in or out of the bus

**Use the handrail** to enter and exit the bus

Don't stand inside or on the steps of a moving bus



Always wear seatbelt in the car  
While riding a bike or scooter, wear helmet

Don't use mobile phone or headphones while driving or crossing the road



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Voluntary Health Association of India

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## TOBACCO KILLS

Stay away from Cigarettes, Bidi, Pan Masala, Ghutka, Khaini and other forms of chewable tobacco

Tobacco contains more than 4000 chemicals including 43 known cancer causing compounds and 400 other toxins

Use of tobacco leads to cancer, heart & lung diseases, stroke, blindness

Take steps to protect yourself and your family from second hand smoke



Alcohol and drugs are highly addictive. It affects your mind, body and emotions. It causes cancer, heart diseases, lung & liver diseases etc.

It also causes poor school performance and affects your relationship with your family.

Enjoy Life and Do what you Love  
- Don't add Tobacco, Alcohol & Drugs to it

## GOOD PERSONAL HYGIENE

The first step towards staying healthy



### WASH YOUR HANDS WITH SOAP



Say goodbye to germs with good personal hygiene

## HOW TO WASH HANDS WITH SOAP



Clean hands, safe hands

## BE KIND TO YOUR MIND

MINIMUM 6-8 HOURS OF NIGHT SLEEP



DO WHAT YOU LOVE  
- TAKE UP A HOBBY,  
PLAY A SPORT,  
READ A BOOK

SPEND TIME WITH YOUR FAMILY

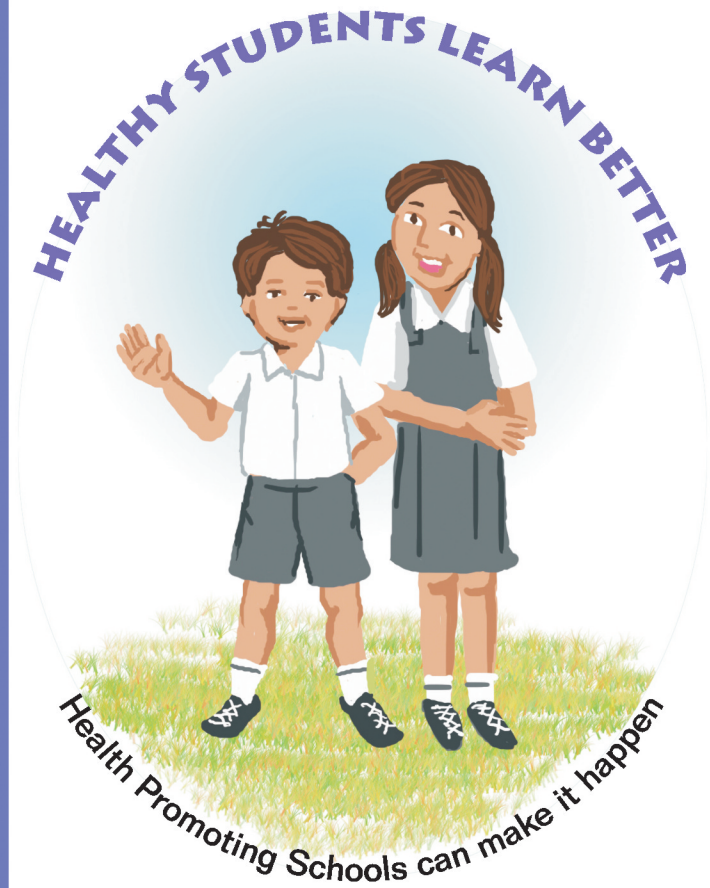
SHARE YOUR PROBLEMS WITH FAMILY/TEACHERS

STAND UP & SPEAK OUT AGAINST BULLYING & VIOLENCE



RESPECT & HELP EACH OTHER

Stay happy and feel good about yourself



## AROGYA

A Community Based Intervention on Prevention and Control of Non-Communicable Diseases