NK GASTRO
SUPERSPECIALITY HOSPITAL

10 Tips for Keeping You Healthy

1. Eat a healthy diet: Choose foods that are rich in nutrients, such as fruits, vegetables, whole grains, and lean proteins. Avoid foods that are high in saturated and trans fats, salt, and added sugars.

2. Get regular physical activity: Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week.

3. Don't smoke: Smoking damages your health and increases your risk of numerous diseases and conditions, including cancer, heart disease, and lung disease. If you smoke, it's never too late to quit and improve your health.

4. Alcohol consumption: Heavy alcohol consumption can increase your risk of high blood pressure, liver disease, and certain cancers.

5. Manage stress: Chronic stress can have negative effects on your physical and mental health. Find ways to manage stress, such as through exercise, meditation, or counselling.

6. Get enough sleep: Poor sleep quality and not getting enough sleep can affect your physical and mental health. Aim for 7-9 hours of sleep per night.

7. Protect yourself from the sun: Wear sunscreen, a hat, and protective clothing when outdoors, and seek shade when the sun is strongest to reduce your risk of skin cancer.

8. Get vaccinated: Vaccines can help protect you from serious diseases and keep you healthy.

9. Practice good hygiene: Wash your hands frequently, cover your mouth and nose when sneezing or coughing, and avoid close contact with people who are sick to reduce your risk of infection

10. See your healthcare provider regularly: Regular check-ups with your healthcare provider can help identify any potential health issues and allow for early treatment.