

2. Boikwetliso

- Boikwetliso bakeng sa batho ba baholo kamehla ke metsotso 30.
- Bana ba tshwanela ho ikwetlisa metsotso e 60 kamehla.
- Oka ikwetlisa ka ho etsa mesebetsi ya lelapa jwaloka, ho hlatswa, ho sebetsa seratswaneng sa meroho, ho hlwekisa ka matsoho, eseng ka ho sebedisa metjhini.
- Ho bapala bolo, ho matha esita le ho tsamaya ka maoto o potlakile ke mekgwa e meng ya ho ikwetlisa.

3. Tshebediso ya kwae

- Kwae ke engwe ya dintho tse fetolang motho lekgoba .
- Etsa kgetho e nepahetseng "seqale ho tsuba hohang".
- Ebang o tsuba, tsubela thoko le ba sa tsubeng hobane musu wa kwae o tla ba hahlamela.
- Ho tsuba ho baka mafu a latelang, mofetshe, lefu la pelo le matshwafo.
- Ha ole moimana tlohela ho tsuba hobane ho kotsi maseyeng.

4. Jwala le Dithethefatsi

- Sebedisa jwala ka maikarabelo.
- Ho sebedisa tjelete ho reka jwala ho baka bofutsana/ kgahello ya ditlhoko tse ding tsa lelapa.
- "Ke moja, ke lokile kante ho dithethefatsi"

5. Boitshwaro bo botle ba Thobalano e Bolokehileng

- Ila thobalano.
- Tshaphala.
- Sebedisa khondomo / kgohlopo.
- Tseba maemo a hao a HIV.

"Let us promote 100% healthy lifestyle environments"

TOLL FREE NUMBER: 0800 535 554

"Kom ons bevorder 100% gesonde leefstylomgewings"

TOLVRYNOMMER: 0800 535 554

"Ha retshepahale kannete ho atlehisa mekgwa ya bophelo bo botle"

NOMORO YA MOHALA YA MAHALA: 0800 535 554



Healthy Lifestyle
Gesonde Lewenstyl
Mekgwa Ya Bophelo Bo Botle



health

Department of Health
FREE STATE PROVINCE

www.fs.gov.za

Healthy Lifestyle

Why is it important to live a healthy lifestyle?

It is indeed important to live a healthy lifestyle to reduce risk of contracting chronic diseases such as diabetes, hypertension and heart diseases. So by adopting a healthy lifestyle improve your chances of living longer.

Five Components of a Healthy Lifestyle

1. Nutrition

- Eat plenty of vegetables and fruits everyday.
- Use less salt.
- Use less fat.
- Drink at least eight glasses of water.

2. Physical Activity

- 30 minutes of moderate physical activity for adults daily.
- 60 minutes of physical activity everyday for children.
- Playing soccer, netball, jogging, walking a distance is a good exercise.
- Use hands when cleaning or doing chores not machines.

3. Tobacco Control

- Smoking is addictive and passive smoking affects the health of non- smokers.
- Smoking increases the risk of heart and respiratory diseases.
- Tobacco smoke causes diseases, disability and death.
- The best choice is “ never to take up smoking”
- If you do smoke, you are advised to STOP.

4. Alcohol and Drugs

- Drink Moderately.
- More money spent on alcohol means less money for food, clothing and other necessities.
- Alcohol abuse increases your risk of injuries, accidents, violence and suicide.
- Alcohol and Drugs are destroyers of health, wealth and family.
- “Ke moja, I am fine without drugs”

5. Safe Sexual Behavior

- **A** - Abstain.
- **B** - Be Faithful.
- **C** - Condomise.
- Know your HIV status.

Gesonde Leefstyl

Waarom is dit belangrik om 'n gesonde leefstyl te handhaaf

Deur 'n gesonde leefstyl na te volg, is die kans goed dat 'n mens langer kan leef.

Vyf bestanddele van 'n Gesonde Leefstyl

1. Voeding

- Eet genoeg groente en vrugte daaglik.
- Verminder u soutinname
- Verminder u vetinname
- Drink minstens agt glase water per dag.

2. Fisiese aktiwiteit

- 30 minute matige liggaamsaktiwiteit daaglik vir volwassenes.
- 60 minute liggaamsaktiwiteit daaglik vir kinders.
- Sokker, netball, draf, stap is alles goeie maniere om te oefen.
- Gebruik verkieslik hande en nie masjiene wanneer daaglikse huiswerk of take verrig word; werk in die tuin.
- Tabakbeheer
- Rook is verslawend en passiewe rook affekteer die gesondheid van nie-rokers.
- Rook vergroot die risiko van hart- en respiratoriese siektes.
- Die rook van tabak veroorsaak siektes, ongeskiktheid en sterftes.
- Die beste keuse is “om nooit te rook nie”.
- Indien u rook, HOU ONMIDDELLIK OP!

4. Alkohol en dwelms

- Drink matig.
- Hoe meer geld spandeer word op alkohol, hoe minder kan daar aan kos, klere en ander benodighede bestee word.
- Alkohol vergroot die risiko van beserings, ongelukke, geweld en selfmoord.
- Alkohol en dwelms vernietig mense se gesondheid, rykdom en gesinslewens.
- “Ke moja, ek kom goed oor die weg sonder dwelms”

5. Veilige seksuele gedrag

- Onthouding
- Getrouheid
- Kondomisering
- Ken u MIV-status.

Mekgwa Ya Bophelo Bo Botle

Hobaneng Ho Le Bohlokwa Ho Latela Mekgwa e Metle Ya Ho Phela?

Ho qoba kapa ho fokotsa kotsi ya ho tshwarwa ke mafu a sa phekoheng jwaloka tswekere, phallo ya madi e hodimo, mafu a amanang le pelo le amang, phela ka mokgwa o nepahetseng. Hona ho ka eketsa dilemo tsa bophelo.

Dintlha tse hlano tsa Mokgwa o motle wa bophelo

1. Phepo

- Eja meroho e mengata le ditholwana kamehla.
- Sebedisa letswai ka ho lekana.
- Sebedisa mafura ka ho lekana.
- Nwa bonyane dikgalase tse robedi tsa metsi ka letsatsi.

