



PROMOTING HEALTHY LIFESTYLES

Healthy living - Healthy lives



- Be active for thirty minutes a day five times a week
- Eat five portions of vegetables and fruit daily
- Drink at least eight glasses of water a day
- If you drink alcohol, drink sensibly
- Eat different types of food
- Practice safe sex
- Stop Smoking
- Use less salt
- use less fats

TOLL FREE: 0800 53 55 54



health

Department of
Health
FREE STATE PROVINCE