HAVE A HEALTHY, BALANCED DIET!
A healthy diet balances the amount of calories you consume and the amount your body uses. Eat more fruits, vegetables, legumes, whole grains and nuts. Cut down on salt, fats, and sugar (including sweetened juices and soft drinks). A healthy, balanced diet will help to protect against obesity, diabetes, heart disease, stroke and cancer.

QUIT SMOKING!
After just 1 year of being cigarette-free, your risk of heart disease is about half that of a smoker’s. Quitting smoking now will also decrease your risk of stroke and cancer. It will improve your breathing, blood circulation and your lung function, and it will bring you back strength and energy you thought you had lost. It may not be easy, but you can quit.

EXERCISE!
A healthy, active lifestyle can do wonders for both the mind and body. Regular physical activity can help you control your weight better, strengthen your bones and muscles, improve your mood and disposition, increase your productivity, reduce disease risks and increase your chances of living longer and happier.

DRINK LESS ALCOHOL!
Alcohol makes you more likely to be depressed and overweight, and it is dangerously addictive. When you drink in excess - regularly or occasionally - you increase your risk of liver diseases, cancer, as well as injuries and violence.

VISIT YOUR LOCAL HEALTH CENTER REGULARLY!
Regular health checkups can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings and treatments, you are well on your way to a longer, healthier life.
WHO PHILIPPINES WISHES YOU A VERY HAPPY NEW YEAR!

✔ T I C K  to indicate your resolution(s),

♫ S T I C K  this card in a visible place and

♩ C O M M I T  to a healthy 2015!