

HEALTHY FAMILY - WHERE HEALTH IS CREATED AND MAINTAINED FOR A LIFETIME



**Adopt a healthy lifestyle towards a harmonious
and healthy family**

A healthy family consists of members who are physically, psychologically, socially and spiritually healthy. Health for all begins at home because the family is the main provider of social and educational support and health care to its members. The home is the place where the basic needs of the family members are met.

the elderly and those with special nutritional needs.

Exercise Regularly



PRACTICES OF A HEALTHY FAMILY

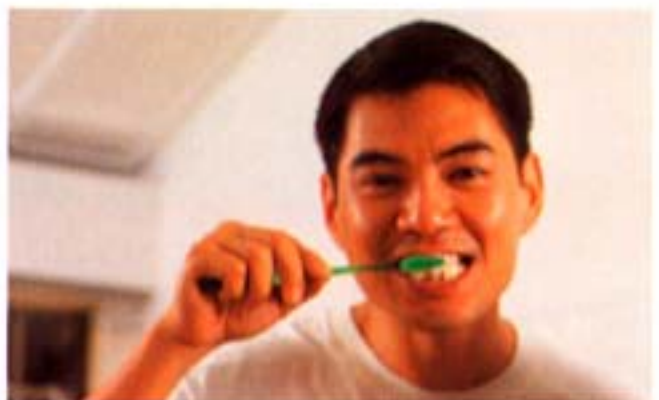
Eat Healthily



- Exercise together with family members.
- Enjoy a variety of exercise, games, sports and physical activities.
- Exercise regularly at least 3 times a week for 20 - 30 minutes each time.

- Ensure that your family has regular and nutritious meals.
- Eat together as a family to establish good family ties and eating habits.
- Consider the nutritional needs of all family members especially the young,

Practise Good Oral Health



- Brush your teeth effectively to remove plaque.

- Rinse your mouth after every meal.
- Use a suitable toothbrush and fluoridated toothpaste.
- Floss your teeth to remove food particles.

Abstain From Smoking



- Encourage your family members not to smoke.
- If any of your family members is a smoker, help him to quit.
- Ask visitors and friends not to smoke in your home.

Practise Good Mental Health

- Share your problems with your family.
- Set realistic goals.
- Plan your time well.
- Make time for your family.

- Spread out the changes in your family.



Practise Good Reproductive Health

- Parents should educate their children on reproductive health.
- Spouses must be supportive and participate actively in enhancing each other's health status.
- Parents must protect their children from sexual abuse.
- Every pregnancy should be planned, wanted and safe.



Ensure A Safe Home

- Keep detergents, chemicals, poisons, medicines and sharp objects in a safe place, and out of the reach of children.
- Keep floors dry, non-slippery and free from obstruction.
- Choose safe furniture.



Practise Religious And Moral Values

- Make marriage a lifetime commitment and investment.
- Inculcate and practise religious teachings and moral values.
- Make your home a paradise for you and your family.

Foster Social Support



- Foster neighbourliness.
- Help family members, friends and neighbours when they are in need.
- Value and not damage public property.

