

BE HEALTHY WITHOUT



ALCOHOL



By Not Consuming Alcoholic
Drinks....

- I have been practising a healthy lifestyle
- I have a better quality of life
- I can strengthen the harmony of family relationships
- I am able to enhance my work performance
- I am able to control my body weight because alcoholic drinks contain high calories



- I am less susceptible to chronic diseases such as diabetes and cancer
- I receive better respect from my friends, family members and society because I am not drunkard
- I will not be involved in drunk-driving
- I will not hurt anyone while under the influence of alcohol
- If I am a pregnant woman, I will not jeopardise the health of the baby I am carrying