

Tips for a Healthier You

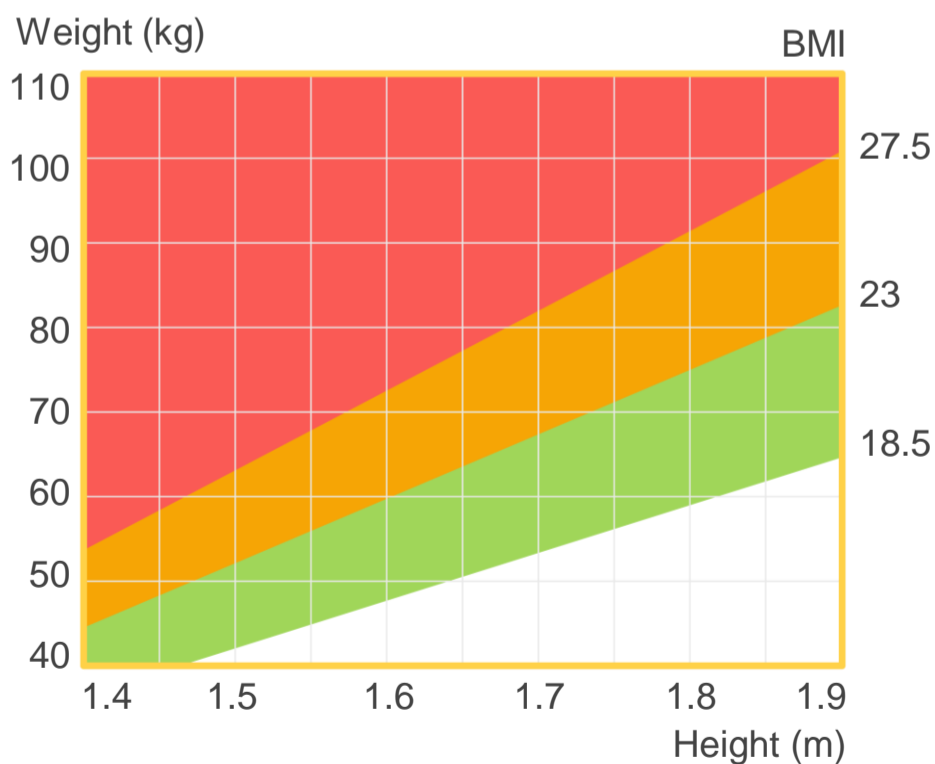
Is your weight healthy?

Calculate your **BMI** = $\frac{\text{Weight (kg)}}{\text{Height X Height (m)}}$

How to read your BMI?

BMI Ranges:

- 18.5 - 22.9 = Low Risk
- 23 - 27.4 = Moderate Risk
- 27.5+ = High Risk



Being overweight* results in health problems including:

- High blood pressure • Diabetes • Coronary heart disease
- Certain cancer • Bone and joint disorders

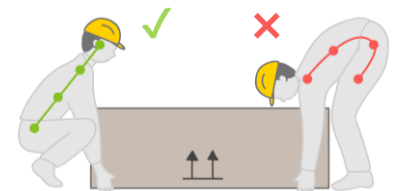
(*BMIs in orange and red zones)

What's your reason for NOT exercising?

- **Reason 1: I'm too tired.**
Tip: Break your exercises into 3 times for 10 minutes each time.
- **Reason 2: I'm too lazy.**
Tip: Get a friend or colleague to help you stay motivated.
- **Reason 3: I'm too busy.**
Tip: Plan an outdoor activity with your friends. For example, play cricket or football with your friends

How to start exercising:

- Exercise 3 to 4 times a week.
- Focus on different exercises to strengthen different parts of the body such as stairclimbing or jogging for heart health.
- Slowly increase the intensity and duration of your activity as your fitness level improves.
- After exercising, cool down by performing gentle stretches.
- When lifting weights, keep your back straight to prevent back injury.



Remember, every effort counts!

Proudly presented by:



Sources:

1. "What is a Healthy Weight?". Healthhub. March 2022.
2. "How to Get Up and Go". Healthhub. December 2021.