

THE MINISTRY OF HEALTH PROMOTES:

Wellness Wednesdays

Take the Steps to a Healthier Life!



Living a healthy lifestyle doesn't have to be hard. Here are a few simple tips to get you started. Once you start, come up with other healthy choices that work for you.

- *Take the stairs Wednesday*
- *Water Wednesday (aim for 8 glasses)*
- *Portion in proportion Wednesday*
- *5-9 servings of fruits & vegetables Wednesday*
- *Get up and move Wednesday*
- *Sugar Free Wednesday*
- *Low salt Wednesday*
- *Spend time with family Wednesday*
- *Touch a life Wednesday*
- *Pack your lunch Wednesday*
- *Take care of yourself Wednesday*
- *Salad Wednesday*
- *No fried food Wednesday*
- *Rainbow Wednesday (colorful plate)*
- *“Don't sweat the small stuff” Wednesday*
- *Check your numbers Wednesday*
(Blood Pressure and Weight)



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“Wellness Wednesdays” is an Initiative of the Healthy Lifestyle Secretariat.