

## OVERVIEW OF YOUR HEALTH JOURNEY

# 5 GOOD HABITS TO STAY HEALTHY

Your journey to better health starts today.

### GOOD EXERCISE

Stay physically active for a healthy body and mind. Aim for 30 to 60 minutes of moderate-intensity physical activity, 5 days a week.

### GOOD SLEEP

A good day starts with quality sleep. Aim for 7 to 9 hours nightly to recharge your body and mind.

### GOOD NUTRITION

A balanced life starts with a balanced plate. Fill  $\frac{1}{2}$  your plate with fruits and vegetables,  $\frac{1}{4}$  with wholegrains and  $\frac{1}{4}$  with protein.

### GOOD PREVENTIVE HEALTH

Regular health screenings can help detect health conditions early, allowing timely treatment and a peace of mind.

Talk to your doctor about the recommended screenings suitable for your age and health profile.

### GOOD MOOD

It's normal to experience stress from time to time. Learn to identify the triggers and use simple coping techniques before it becomes overwhelming.



#### STEP 1

Take this Quiz  
to test your knowledge!  
[for.sg/quiz-5goods](https://for.sg/quiz-5goods)



#### STEP 2

Visit the Health Library for  
more tips & resources.  
[for.sg/ht-health-library](https://for.sg/ht-health-library)