



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

HEALTHY LIFESTYLE MONTH

MESSAGES

PHYSICAL ACTIVITY

- It is always better to exercise with friends, family or your local community physical activity group, for support and motivation to stay healthy
- Exercise for at least 30 minutes a day for or at least, 3-4 times a week;
- Choose a form of exercise that you enjoy;
- Exercise in groups to gather support and to stay motivated;
- Start an exercise group in your community;
- Walk briskly everyday
- Walk up stairs instead of taking the lift;
- Take a walk during lunch breaks and after supper
- Play active games
- Dance, cycle, swim and jump to stay healthy.

Physical activity provides the following benefits:

- Reduce the risk for heart disease and stroke
- Helps manage high blood pressure
- Helps reduce and control weight by decreasing fat increase
- Helps to cope with stress and release tension
- Gives more energy
- Improves self-image
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children
- Counters the conditions that lead to heart attack and stroke later in life like high blood pressure
- Helps people to delay and prevent chronic illnesses and disease associated with aging, and maintains good quality of life

HEALTHY EATING

- Eat plenty of fresh vegetables and fruit
- Eat less sugar (e.g. less sweets, cakes, ice cream and fizzy drinks)
- Bake or boil your food instead of frying with oil
- Eat lots of fibre, wholegrain food, beans and brown bread.
- Drink lots of water

ALCOHOL

- Alcohol reduces driving ability, don't drink and drive.
- Don't drink and walk on the road, you may be killed.
- Alcohol increases your risk to personal injuries.
- Alcohol is a major cause of violence and crime.
- Alcohol is addictive.
- Drinking during pregnancy can be harmful to your unborn baby.
- Avoid alcohol abuse and stay healthy

TOBACCO

- All tobacco is harmful to your health
- Support people who want to quit smoking
- Save money, don't smoke
- Do not smoke in public places
- Thank you for not smoking
- Second hand smoke is harmful to your health
- Exercise your rights for a smoke-free environment.
- Do not smoke near children

HEALTH SCREENING SERVICE

Health screening services for NCDs, including TB and HIV testing and counseling will enable the early detection and management of diseases. This screening will therefore assist in preventing diseases and improving disease management, which will contribute to reducing morbidity and mortality, increasing life expectancy and reducing the burden of HIV and AIDS and TB.

The following screening services are provided at the clinics during the Department's events and campaigns:

- Blood glucose
- Blood pressure
- Cholesterol
- Body Mass Index
- HIV Counselling and Testing