



**What about our  
Health?**

***What about our  
Wellbeing?***

**We need to look after  
ourselves better!!**



# STEPS TO HEALTH

**1) Regular medical check ups can result in;**

*Early Diagnosis*

*Prompt Treatment*

# STEPS TO HEALTH cont....

## 2) Know your family history...

...It is a pointer to your future

***Cardiovascular Disease***

- ↳ ***Diabetes***
- ↳ ***Bowel Cancer***
- ↳ ***Cholesterol***
- ↳ ***Other Cancers***



# STEPS TO HEALTH cont....

## 3) Healthy Living:

- ↳ *Regular Exercise*
- ↳ *Good Diet*
- ↳ *Weight Control*
- ↳ *No smoking*



# STEPS TO HEALTH cont....

## 4) Healthy Living cont...

...Can Prevent:

- ➔ *Heart Problems*
- ➔ *Arthritis*
- ➔ *Bowel Cancer*
- ➔ *Stress, etc.*



***...And Promotes : Living Longer and Happier***



