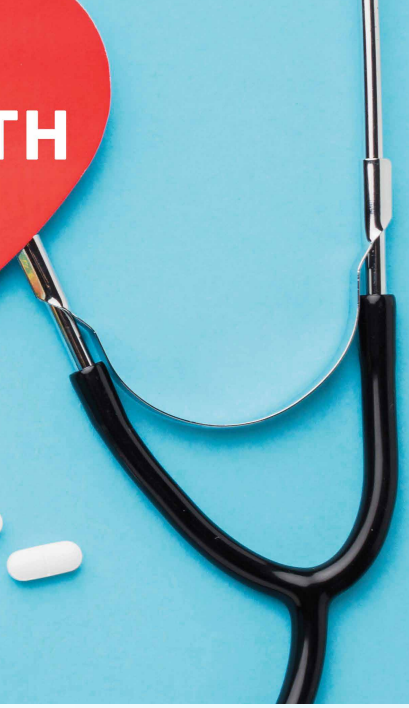# World Health Day (7 April 2024)

WORLD HEALTH DAY ✚

How to improve your health

The unparalleled value of good health is celebrated on World Health Day on April 7. The campaign is spearheaded by the World Health Organisation (WHO) and physical, mental and emotional well-being is promoted and celebrated all over the world.

Being mindful about your health and wellbeing doesn't have to be complicated and demanding.

Here are a few tips on how to improve your health:

Exercise daily
Success is a series of small wins – take that first step!

Eat more fruits and vegetables
Fill your plate with the colours of the rainbow.

Think positive
Even if you stumble, you're still moving forward.

Drink more water
Your body, skin, hair and mind will thank you.

Get enough sleep
Aim for 7-9 hours of sleep.

Cut down on the "toxins"
Drink less alcohol, reduce salt intake, stop smoking and say no to drugs!

Keep emotional balance
Find moments and activities that move you.

PLATINUM HEALTH