



SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)



7 Steps to Living Long & Staying Healthy

Step 1 : Give Your Body The Energy it Needs

- Eat vegetables, like carrots, cabbage, tomatoes, broccoli, or peas.
- Eat fruits, like apples, peaches, mangos, bananas, or fruit juice.
- Eat 2-3 small servings a day of meat, fish, beans, eggs or nuts, for protein.
- Eat 2-3 small serving a day of low fat dairy products like yogurt, cheese, or milk.

Step 2 : Stay Physically Active

- Do some sort of exercise daily under qualified guidance.
- It is best to get at least one half hour of exercise three times a week, but any amount of exercise is better than none at all. If you do not want to go jogging or swimming, try going for a brisk walk.

Step 3 : A Healthy Mind is Part of Healthy Body

When you are in a good state of mind, you make good decisions for yourself about your job, your lifestyle, and your health. Here are some things you can do to keep your mind healthy.

- Reduce stress in your life.
- Make time in your life for things that are fun. Make a list of activities you like and ensure that you have at least a little time each day for doing something you enjoy.
- Get enough sleep. Most of us get too little sleep. Being sleepy reduces your concentration, increases mood swings, and causes continuous fatigue syndrome

Step 4 : Keep Your Mind & Body Free of Harmful Drugs & Alcohol

- Tobacco causes more health problems than any other drug and is the most addictive, most widely used. Cutting down or stopping the use of cigarettes, cigars, or chewing tobacco can save your health.
- Stay away from alcohol & drugs of abuse.

Step 5 : Practice Safe Living Habits

Observing a bit of caution in daily life, can prevent lots of mishaps.

1. Stay safe on the road, observe proper traffic rules
2. Wear a helmet while riding a motorcycle.
3. Wash your hands regularly to avoid the spread of germs. (Particularly before eating)
4. Know what diseases you are at risk for and attend regular screenings for them.
5. Avoid self medication, if you feel sick, consult your doctor.

Step 6 : Get Regular Health Care

- Many people think they only need to see a doctor when they are sick or injured. The truth is, health care providers are also experts at preventing illnesses and finding and treating problems before you ever feel sick.
- Get yourself and the children in your family immunized against life-threatening illness.

Step 7 : Visit Saifee Hospital For Regular Check-ups

Our various health check-up packages are especially designed towards ensuring that all vital tests/ investigations are covered depending upon age, sex and requirement.

For details & appointments contact:

SAIFEE HOSPITAL
Department of Health Check-Up (EHS)

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