

The ABCs OF STRENGTHENING HEALTH

A Avoid processed food



B Breakfast everyday



C Control sugar intake



D Drink plenty of water



E Eat Seasonal



F Fresh Food



G Get you health insurance



H Health checkup yearly



I Imagine Ideal you



J Junk food cleanse



K Keep salt intake Low



L Lunch on time



M Mediation to heal soul



N Nap to recharge



O Omega 3 daily supplement



P Protein intake daily



Q Quit alcohol and smoking



R Reduce stress



S Set health goal



T Time with family



U Understand your body



V Variety of vegetables



W Walk 30 min a day



X Exercise 4 times a week



Y Yoga se sab hoga



Z ZZZZ's 8 hrs of sleep



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