

# Together we can. Together for Health.



## ACTIVITIES FOR ADULTS AT HEALTH PROMOTION CENTRES

### HEALTHY LIFESTYLE

Living Healthily

Elevated blood pressure

Elevated blood lipids

Elevated blood sugar

### HEALTHY DIET

Eating Healthily

### PHYSICAL ACTIVITY

How fit am I 1?

How fit am I 2?

How much can I do?

Let's Get Moving

### MENTAL HEALTH

Relaxation techniques

Healthy relationships

Tackling stress

Tackling anxiety

Tackling depression

### RISKY BEHAVIOURS

Giving up smoking

Giving up risky and harmful alcohol consumption

### CHRONIC DISEASES

Healthy weight (tackling obesity)

Type 2 diabetes

Living with diabetes

