



## My Health, My Right: Living a Healthy Lifestyle for Happiness and Well-being

World Health Day | April 7, 2024

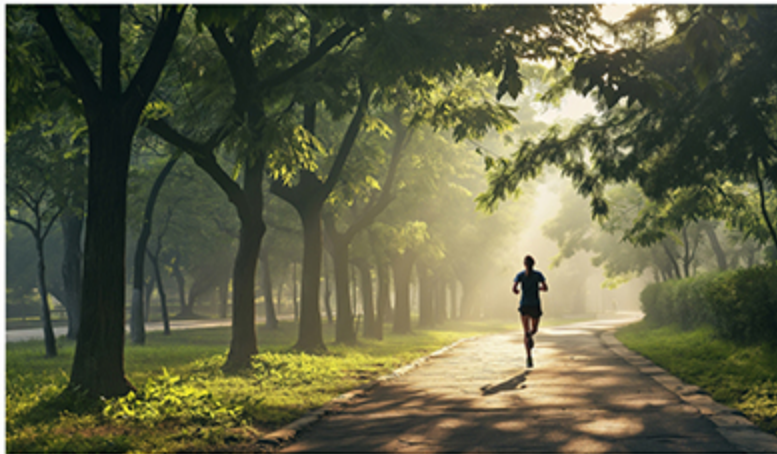
World  
Health Day  
7 April

Greetings, everyone! On this World Health Day, we at Neotia Mediplus OPD & Diagnostics Clinic are excited to share some practical tips and advice on how to live a healthy lifestyle for happiness and well-being.

This year's theme for World Health Day is '**My health, my right**', which highlights the importance of accessible, affordable and quality health care for everyone. While we believe that healthcare is a fundamental right, we also recognize that individual actions play a critical role in maintaining one's health and well-being. Therefore, we want to emphasize the importance of healthy living, which encompasses proper nutrition, exercise, stress management and preventive care. By adopting these habits, you can take charge of your health and contribute to a healthier world.

Here are some practical tips to get you started:

- 1. Eat a Balanced Diet:** Eating a variety of nutrient-dense foods can help you maintain a healthy weight, reduce the risk of chronic diseases and improve your overall health. Make sure to include fruits, vegetables, lean proteins, whole grains and healthy fats in your diet.
- 2. Stay Active:** Exercise is essential for maintaining a healthy weight, strengthening your muscles and bones and reducing the risk of chronic diseases. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- 3. Manage Stress:** Chronic stress can have a negative impact on your physical and mental health. Find healthy ways to manage stress, such as meditation, deep breathing, yoga or engaging in hobbies that you enjoy.
- 4. Get Regular Check-ups:** Preventive care is essential for detecting potential health issues early and preventing them from becoming more severe. Schedule regular health check-ups with Neotia Mediplus and get recommended screenings and vaccinations. Missed appointments and diagnostic tests can significantly impact one's health and well-being, leading to delayed diagnosis and treatment and ultimately suboptimal health outcomes.
- 5. Stay hydrated:** Drinking enough water is essential for good health. Aim to drink at least 8 glasses of water a day. For specific health conditions please check with our doctors on the right quantity.



- 6. Practice good sleep hygiene:** Getting enough sleep is crucial for your physical and mental health. Aim for 7-9 hours of sleep per night and establish a consistent sleep schedule.
- 7. Limit screen time:** Spending too much time in front of screens can lead to a sedentary lifestyle and negatively impact your sleep. Try to limit your screen time and engage in other activities like reading or exercise.
- 8. Get enough vitamin D:** Vitamin D is essential for bone health and immune system function. Try to get at least 15-30 minutes of sun exposure per day or consider taking a vitamin D supplement. It is recommended to check your Vitamin D level through tests.
- 9. Practice safe sun habits:** Protecting your skin from the sun is essential for preventing skin cancer and premature aging. Use sunscreen with a minimum SPF of 30, wear protective clothing, and seek shade when the sun's rays are strongest.
- 10. Practice good dental hygiene:** Brushing and flossing regularly is essential for good dental health. It can also help prevent other health issues, such as heart disease and diabetes. Schedule your dental visits at regular intervals.

By adopting these simple habits, you can live a healthier lifestyle and contribute to a healthier world. We encourage everyone to take their health seriously and make a commitment to themselves to live a healthier life.

Being a Multispeciality OPD and Diagnostics Clinic, we are proud to support World Health Day and promote accessible, affordable and quality health care for everyone. We believe that everyone has the right to live a healthy and fulfilling life and by adopting healthy habits, we can make that a reality.

Happy World Health Day, everyone!