

High 5

Healthy habits are important to prevent excessive unhealthy weight gain and lifestyle related diseases such as high blood pressure, cholesterol level and diabetes.

Weight gain occurs when energy intake (food and drink consumption) is more than energy usage (physical activity).

Hence, it is important to remember these **5** healthy habits in your daily life!



ZERO sugary drinks a day. Choose plain water and plain milk instead! Choose fresh fruits instead of fruit juices.



Aim for **ONE** hour or more of moderate to vigorous physical activity a day such as swimming, cycling or jogging



TWO hours or less of screen time a day. Less screen time means less sedentary time and more time for physical activity.



THREE tips for a good night sleep:

- Get adequate sleep:
 - 6 to 12 years old: 9 to 12 hours
 - 13 to 18 years: 8 to 10 hours
- Avoid naps
- No television or mobile devices in the bedroom



4

FOUR

2 Servings of Fruits +
2 Servings of Vegetables a day.
Eating 4 or more servings of fruits and vegetables a day helps to reduce the risk of obesity, diabetes, cancer and heart diseases.

5

FIVE

Family meals per week.
Aim for at least 5 family meals per week. Family meals at home are usually lower in calories, salt and higher in nutrients. Eating together at mealtimes also promotes bonding. Parents play the most important role models to develop healthy eating habits for their children at the table.



To schedule an appointment with the Weight Management Clinic, please call Central Appointments at 6294-4050



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