

HEALTH Vs DISEASE

Your Choices Vs Risk Factors

Link between the physical, cognitive, and social factors in life and your wellbeing

Informed choices which you can make ...

- A balanced food choices that suits your lifestyle
- Choose your daily physical activities that fit your health needs
- Maintain a proactive way of life for as long as possible
- Balance your existing abilities with limitations in daily life
- Try to plan your daily activities with the time for relaxation
- Enjoy your social wellbeing, the circle of friends, family, or interest groups
- View your life challenges as the opportunity to adapt, develop, and grow.

The factors you can change

Are you at risk?

Poor eating habits -
 Overweight or obese: BMI over 25 -
 Frequently tired, stressed and out of focus -
 Sedentary lifestyle -
 Poor mobility -
 Low self-esteem & poor confidence -
 Poor general health -
 Poor coping with chronic pain or disability -
 Depressed or isolated -
 Poor coping with daily challenges -
 Smoking or misuse of alcohol -

Your choices for health and wellbeing

Choose healthier eating plan
 Reduce your BMI with healthier lifestyle
 Try to recognise the causative factors and adapt
 Try moderate physical activity daily for 5-20 min
 Personalised physical management plan can help
 Follow a confidence building action plan
 Visit your GP and join health promotion groups
 Follow target-specific personal management plan
 Join specific interest groups in the community
 A supervised action plan can help
 Reduce or eliminate smoking or drinking alcohol

The factors you cannot change

Your Genes

- Genetic predispositions to the development of illness.
- Family history of illness such as: heart condition, strokes, hypertension, asthma, cancer, type 2 diabetes, osteoporosis, arthritis, mental health etc. can influence the onset of symptoms that lead to development of disease.

Making informed choices in your lifestyle, being proactive in your overall health management, eating a balanced diet, maintaining your BMI below 25 and regular check-ups with your GP, can help you remain in control over general health and wellness for much longer.