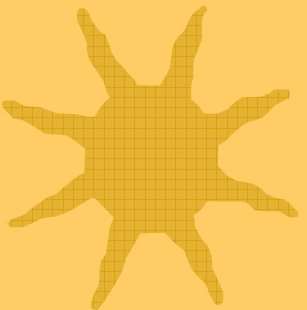
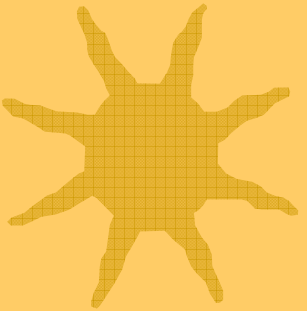
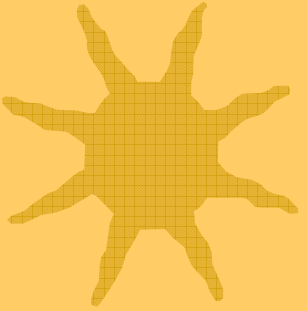




TRAVEL

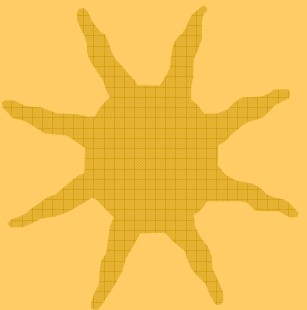
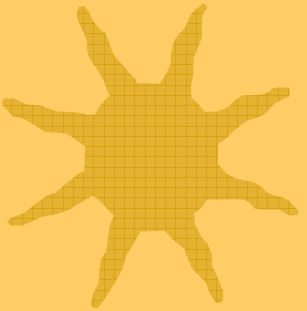
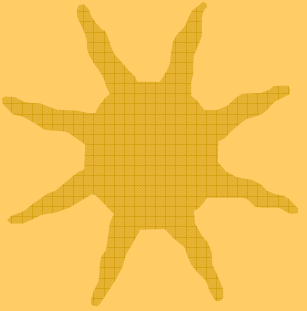


Vacation Time!!!



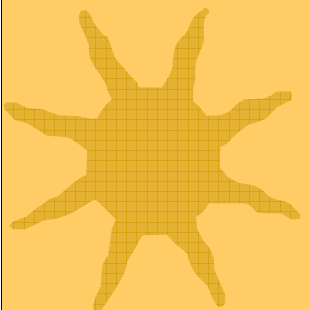
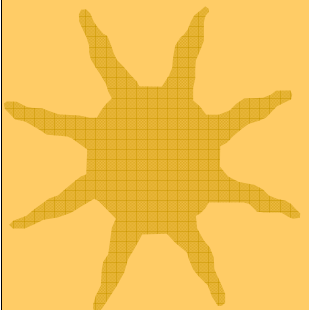
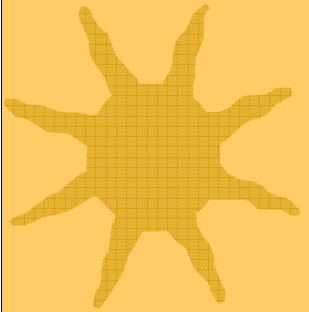


ENTERTAINMENT



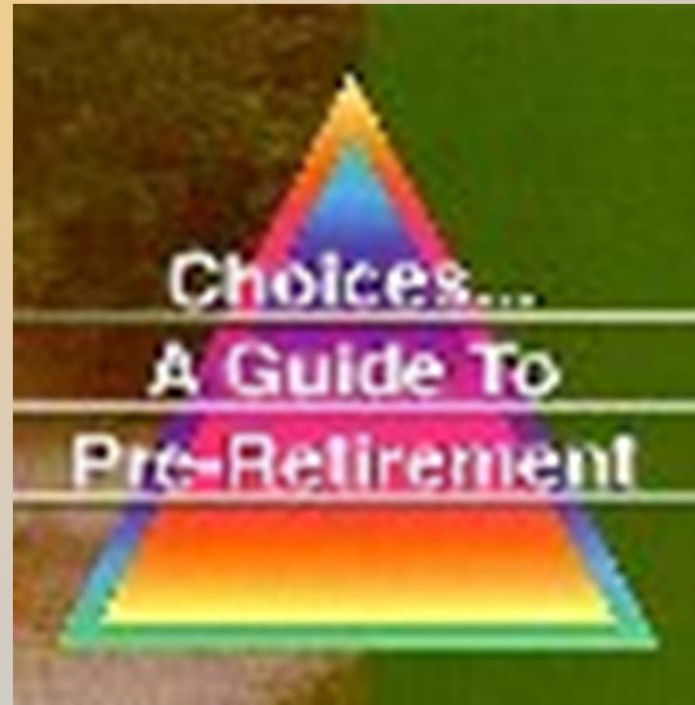
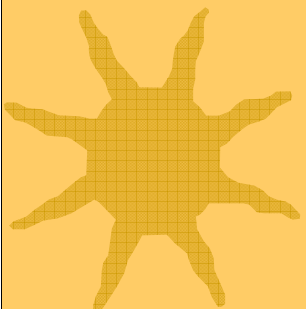
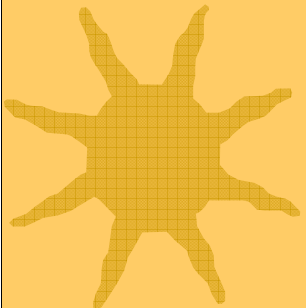
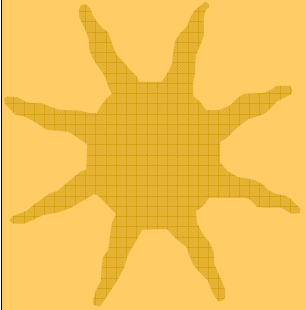


DEPRESSION



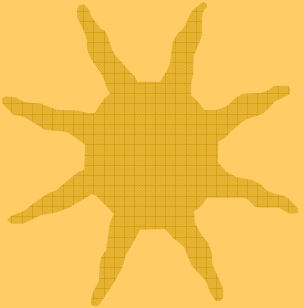


MEDICAL FITNESS





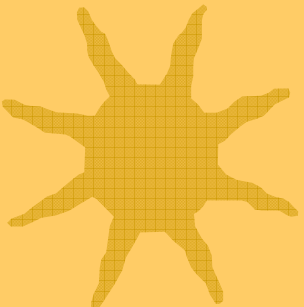
MAJOR HEALTH PROBLEMS



★ DIABETES

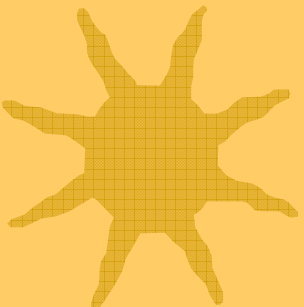
★ HYPERTENSION

★ HEART DISEASES



★ CANCERS

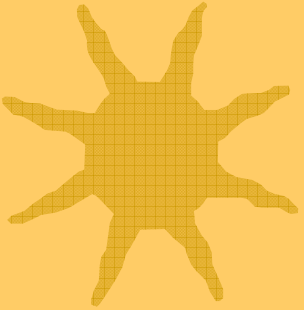
★ ROAD TRAFFIC ACCIDENTS



★ BONE AND JOINT DISEASES



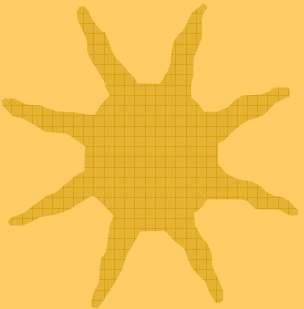
ANNUAL MEDICAL TESTS



★ Hb,TC,DC,ESR,Platelets

★ FBS , PPBS

★ Sr. Creatinine

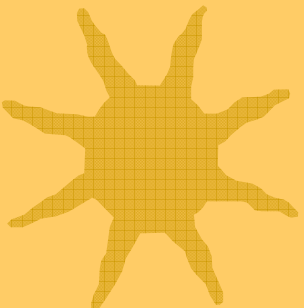


★ Lipid Profile

★ Urine –Alb , Sug. , Micro

★ Chest X-Ray

★ ECG



★ PSA , Pap Smear ,Breast Examination



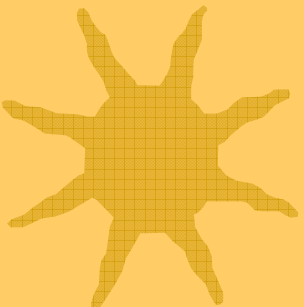
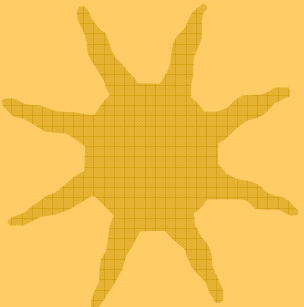
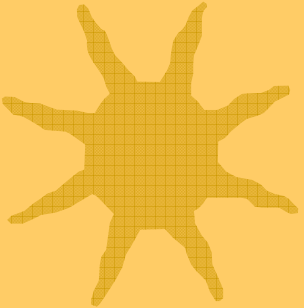
Sodium recommendations

Most people consume too much salt

★ Daily salt intake should not exceed 6000 mg

★ Daily sodium intake should not exceed 2400 mg

★ Salt intake should be restricted in
Obesity, hypertension, heart disease, kidney failure
and even Diabetes



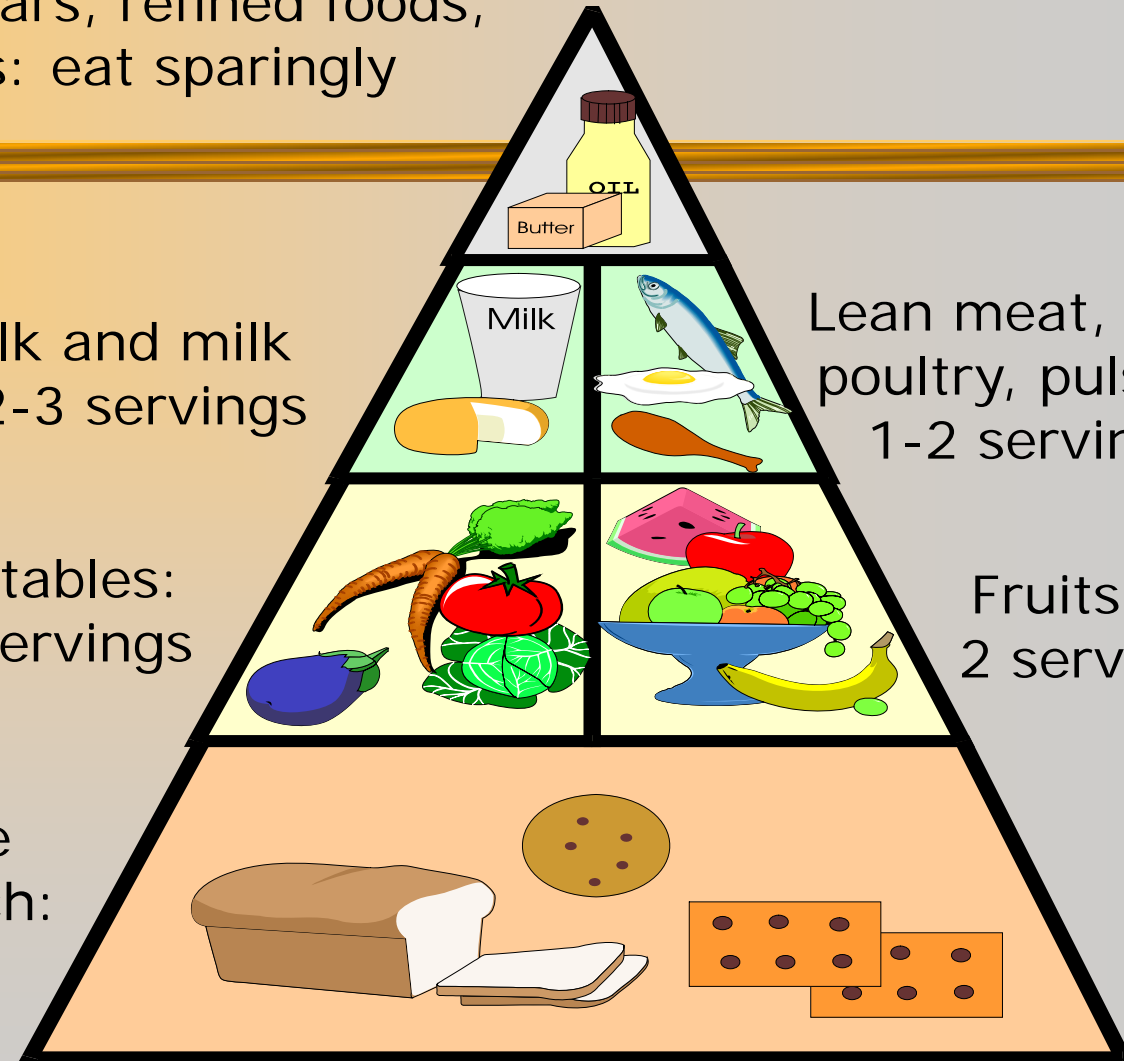
Food pyramid

Fats, oils, sugars, refined foods,
fatty foods: eat sparingly

Low fat milk and milk
products: 2-3 servings

Vegetables:
3-4 servings

Cereals, whole
grains and starch:
6-11 servings



Lean meat, fish,
poultry, pulses:
1-2 servings

Fruits: 1-
2 servings

Exercise for at least 30 minutes every day