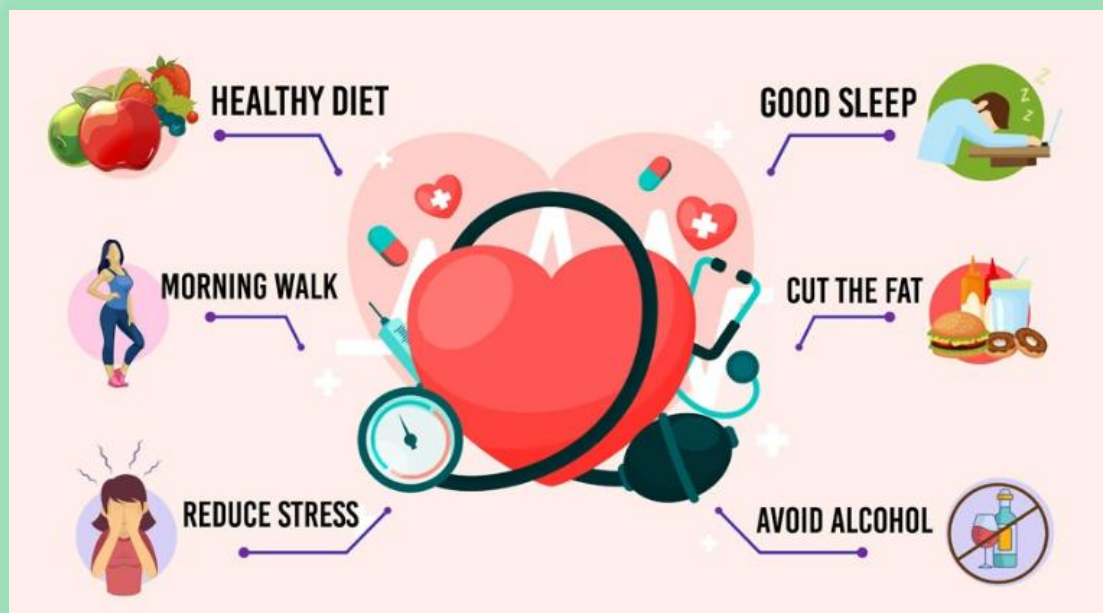


HEALTH AND SAFETY TALKS



Healthy Lifestyle

20 February 2026 Healthy Lifestyle Awareness day



Ideas to create awareness:

1. Fitness challenge
 - a. Steps count
 - b. Blood pressure/Cholesterol/Sugar tests
 - c. Most Economic & Healthiest lunch box contest
2. Economic Dietary Plans share
3. 5km walk at a park run the weekend before or after 20 February
4. Fruit hand out at gate – an apple a day keeps the Dr away

A healthy lifestyle reduces the risk of communicable diseases such as high blood pressure & diabetes