



Important steps to a Healthy Life Style



সুস্থ ভাবে জীবন যাপনের কয়েকটি গুরুত্বপূর্ণ উপায়

1

Eating a Healthy Diet - .baÇu s®w KAbAr KA'i yo

.baÇis®w KA'i yo fAi' yor áBüs kÝM# ár mÆM hel A-

- pivíFM pœr pirmÆM (kmpœ 5 BAç) Pl ml i XAkSiÁ KA'i yo#
- ml KAbAr pivíFM XíFuBAw MA eKey MAMA FreMr ehAl iml Ýit, isiryAl , pAswa bA ibiBMí FreMr XeSür fAMA ezmM BÓA, zb ásebr Ewrl KAbAr KA'i yo#
- pivíFM mAs MA eKey ár bfel ¿wl oÉ mAC, ibiBMí FreMr dAl i blic j Avly KAbAr KA'i yo#
- iMyimwBleb skÆl MA.wo KA'i yo zÆw Xrlr i ebœM XiÉ zigey ifMek XiÝ krA zAy#
- pœr pirmÆM pAM (ifem á«ww 7/8 †l os) pAM kr#
- pivíFEMr KAbAr iciM, MM i ewel r pirmAM sAFimw kimey ádMA#



2

Staying Active - XArirk pirXòm krA

pAy pivíFM áFG<TA Gerr KA'j km, hAtAcI A bA bqylemr mFiem áMm Bleb pirXòm áBüs kÝM zÆw ápMAR Xrlr grm hy ábv NAs-pNAs ikCtA BArI meM hy# áew ápMAR Xrlr i meMr áeMk öpkAr heb#



3

Taking care of Mental Health - mAMisk .baÇür zwí eMi' yA

áeMkíFM Fer MAMA rkm fhiÓ<wo, áXÁ<w bA hwAXAr meFu WAKel Xrlr i meMr ez øiw hy es smâ'' sj Ag ehAM# meMr fhiÓ<wæk sirey rAKAr j Mu ibiBMí öpAy KA'j imm#

4

Giving up Smoking and other Tobacco uses - FmpAM (isgÆrt), wAMk, sAFÁ-j fÁ bj M:

isgÆrt, wAMk, sAFÁ-j fÁ sh pAM KA'i yAr áBüs eCex ifM# áew ápMAR áeMk öpkAr heb ábv MAMA rkm ásik ezmM küksAr, e.tAk, hÆ bid episAr, hÆtÆ erAg bA NAsKÜ j imw erÆgr sÆBMA eWek imej ek bAcÆw pÆrebM#





Important steps to a Healthy Life Style



1

Eating a Healthy Diet -



Eat a healthy and balanced diet. This means :

- Eating plenty of fruits and vegetables (at least five portions) every day.
- Eating a variety of starchy foods like wholemeal bread, cereal, pasta and other grainy foods rather than rice in the main meal.
- Instead of eating meat everyday, eating oily fish, and a variety of beans and pulses.
- Eating a regular breakfast so that you can start the day with a supply of energy to your brain and body.
- Drinking plenty of fluid (at least 7/8 glasses of water) everyday.
- Cutting down the amount of sugar, salt, fat in your diet as much as possible.

2

Staying Active -



Try to spend half an hour most days doing something like set exercises, housework or brisk walking etc. that makes you feel warm and makes you breathe slightly heavier than usual. This will improve your mental and physical health.

3

Taking care of Mental Health -

Try to become aware of the negative effects of long term stress & anxiety on your mind and body. Find out different ways of tackling mental stress.

4

Giving up Smoking and other Tobacco uses -



Stop smoking or chewing paan with tobacco. It will improve your health and protect you from the possibilities of a number of diseases like cancer, strokes, high blood pressure, heart diseases and breathing complications etc.