

# WORLD HEALTH DAY 07/04/2022

## Our planet, our health

### Practice Healthy Living Habits



**Eat a Healthy Diet**

**Maintain a Healthy Weight**



**Be Active Most Days**

**Don't Smoke or Use Tobacco**



**Limit Alcohol Use**



**PHYSICAL**



**MENTAL**



**ENVIRONMENTAL**



**WELLNESS**



**SOCIAL**



**SPIRITUAL**



**EMOTIONAL**