

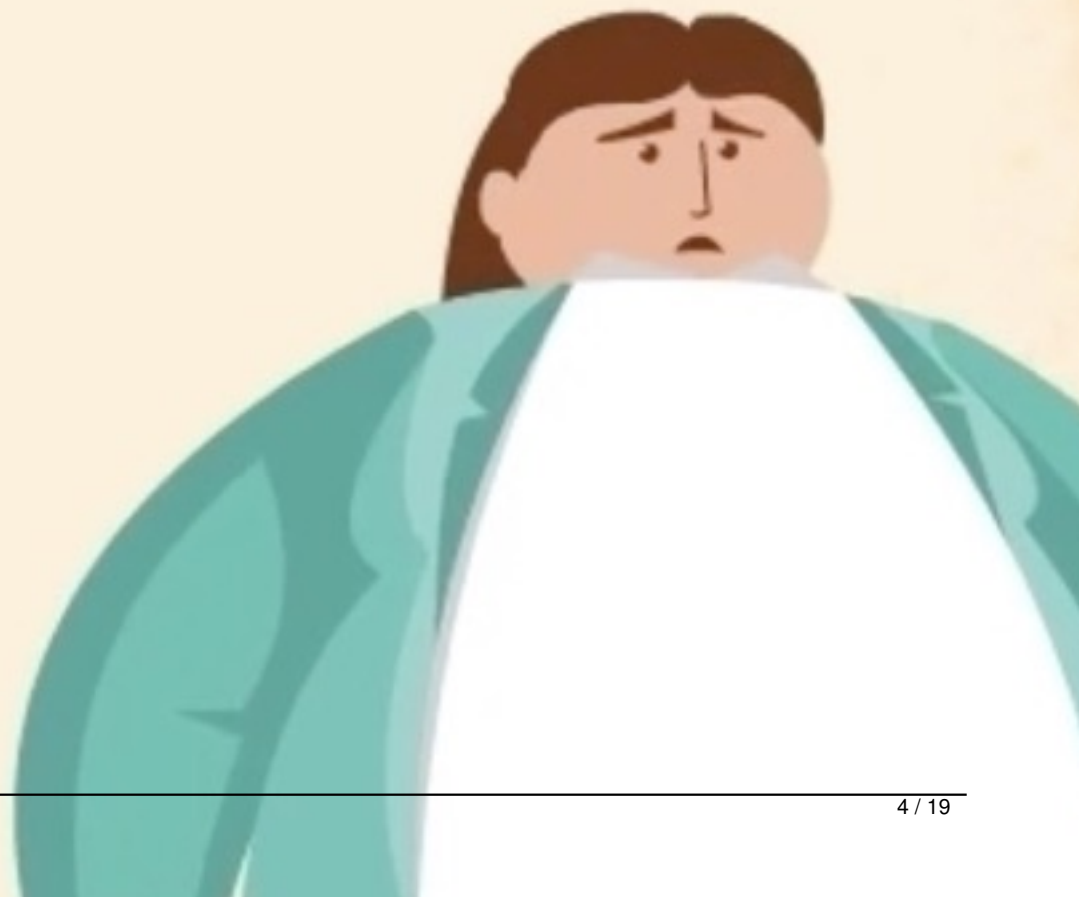
GIFs | Beat NCDs: Be healthy, Be active

Exercise

[Exercise regularly](#)

Limit yo

Fat intake goes



[Arabic](#) your fat intake

Steer c
Keep your

[Stabiclear of fats](#)

A health

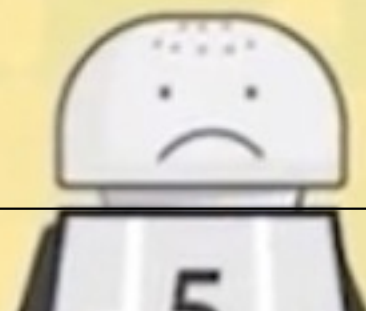
Less oil

Less fat



[Beat NCDs: Be healthy, Be active](#)

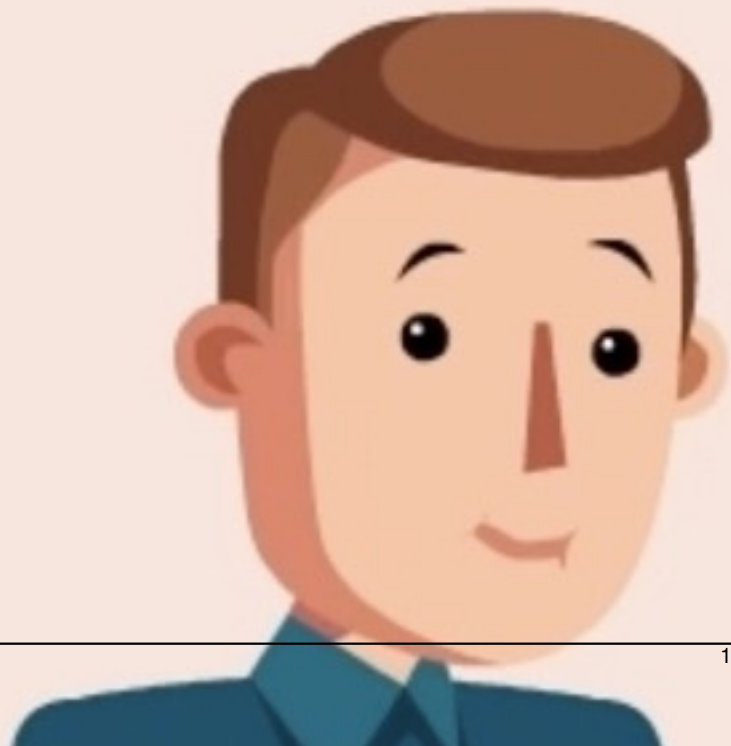
Ben



[Beating salt](#)

Eat a healthy a


It



[A balanced meal](#)



[Beat NCDs: Be healthy, Be active](#)



Too much sun c
Protect your

[Protect yourself from the sun](#) Monday, 6 May 2024 07:30:04 AM