

“LIVING A HEALTHY LIFESTYLE”

The COVID-19 pandemic have forced changes in lifestyles around the world in 2020, profoundly altering our daily lives. The COVID-19 pandemic has also familiarized us with concepts such as social distancing, isolation, quarantine, disinfection and personal hygiene. After the outbreak of this pandemic, awareness on the important of a Healthy lifestyle have increased.

Some of the Healtylifestyle awareness are shown as per below:-

So, are you eating enough fruits & vegetable as per below recommended?

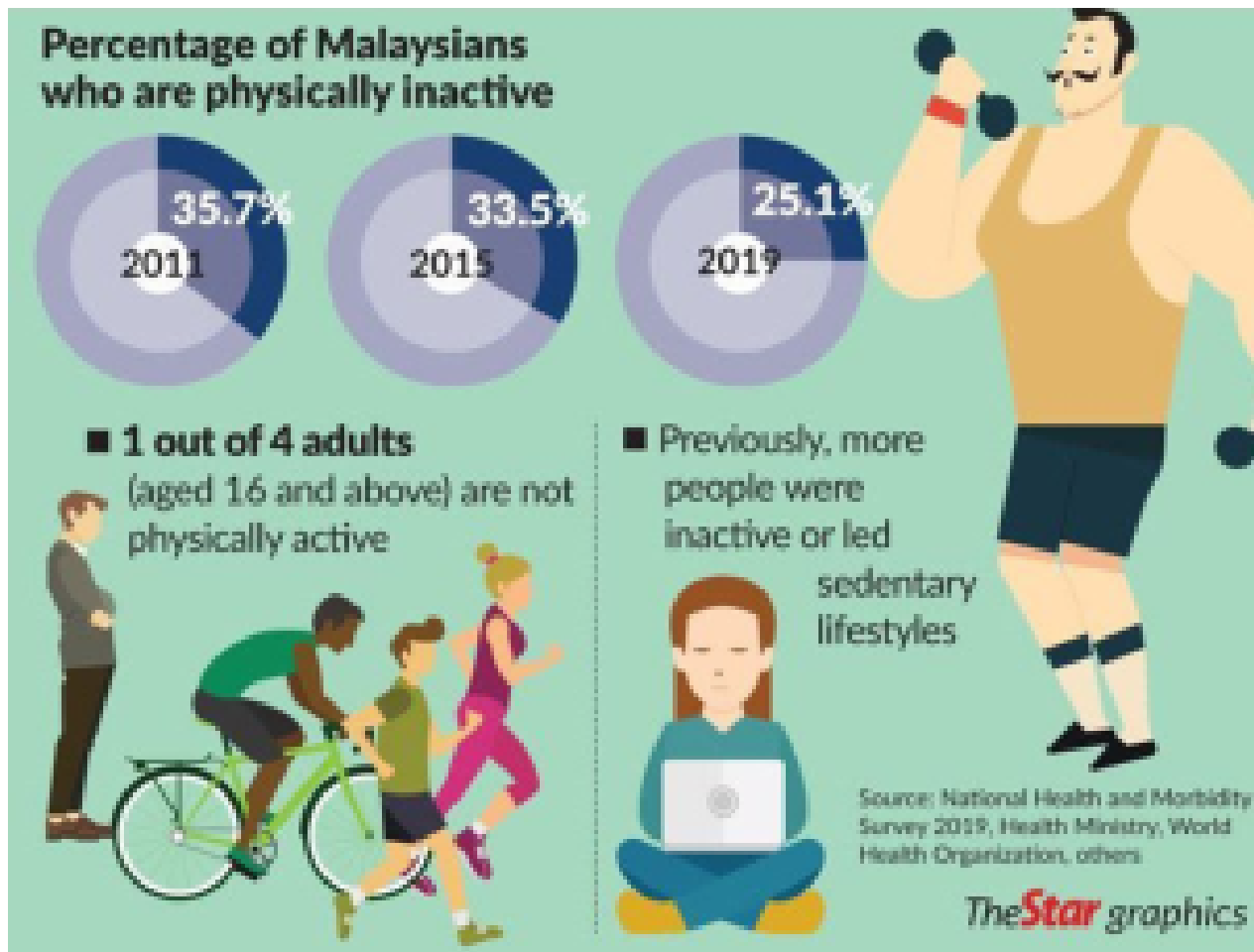


What are Malaysians eating today?

- > **95%** of Malaysian adults do not eat the recommended daily amount of fruits and vegetables.
- > This is an increasing trend since 2011.
- > The recommended amount is **5 servings a day** (2 servings of fruits and 3 servings of vegetables)

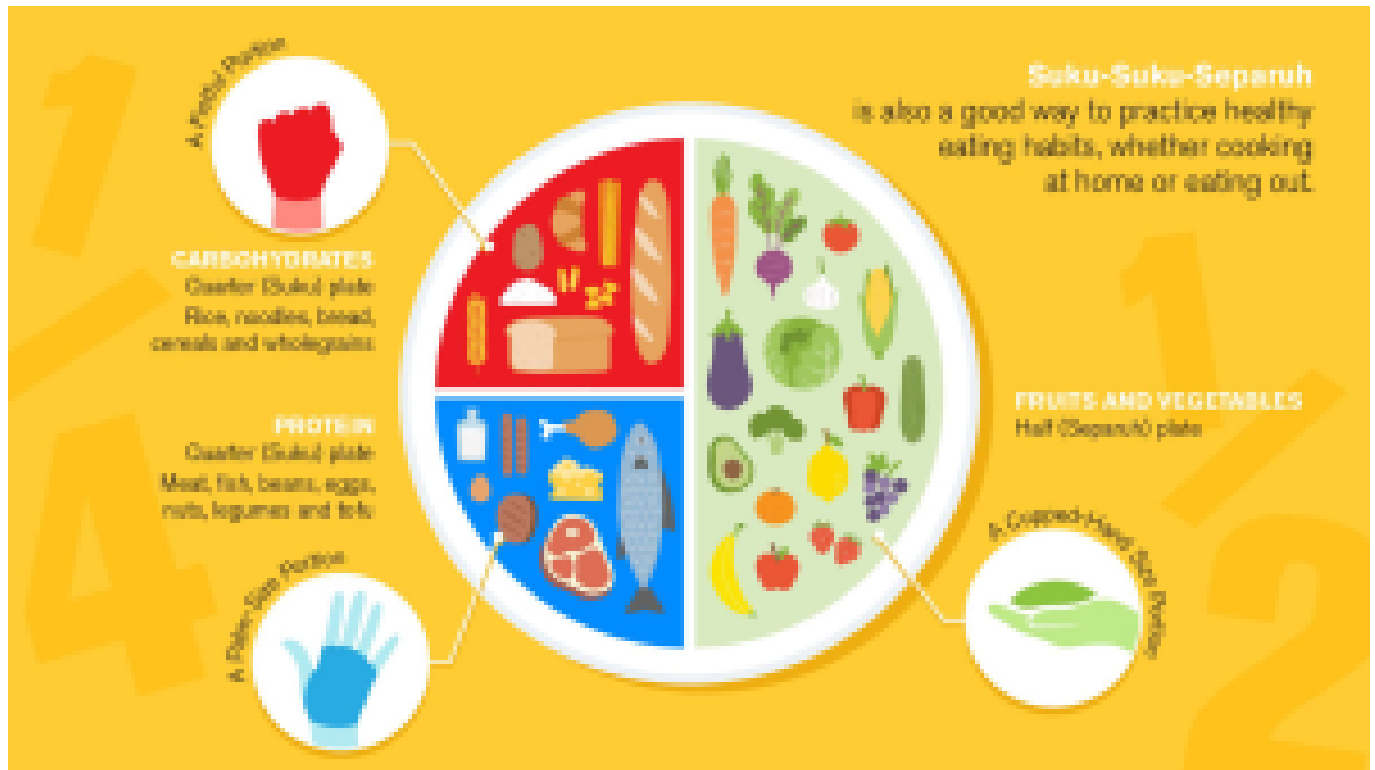
The infographic features a woman in a pink shirt holding two burgers, one in each hand. In the top left corner, there is an image of a meal consisting of a burger, fries, and a drink. The background is split into a yellow top half and a blue bottom half.

Are you physically active or inactive?



Tips Towards Living a Healthier Life

You can practice the “**quarter-quarter-half apportionment method**” for a healthy eating habit.



Not sure where to start exercising?

Why not take the stairs instead of the lift, **get up to stretch**, and take **short walks**.

Prevention is better than cure. Always be prepared and get protection for **“medical insurance”** coverage for any unforeseen circumstances.

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Information are extract from the Star Newspaper.

Contact us now for a free consultation on flood coverage for

your property.

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- 2. Call us at 012-2861817 (M), 03-21622515 (O)*