“LIVING A HEALTHY LIFESTYLE”

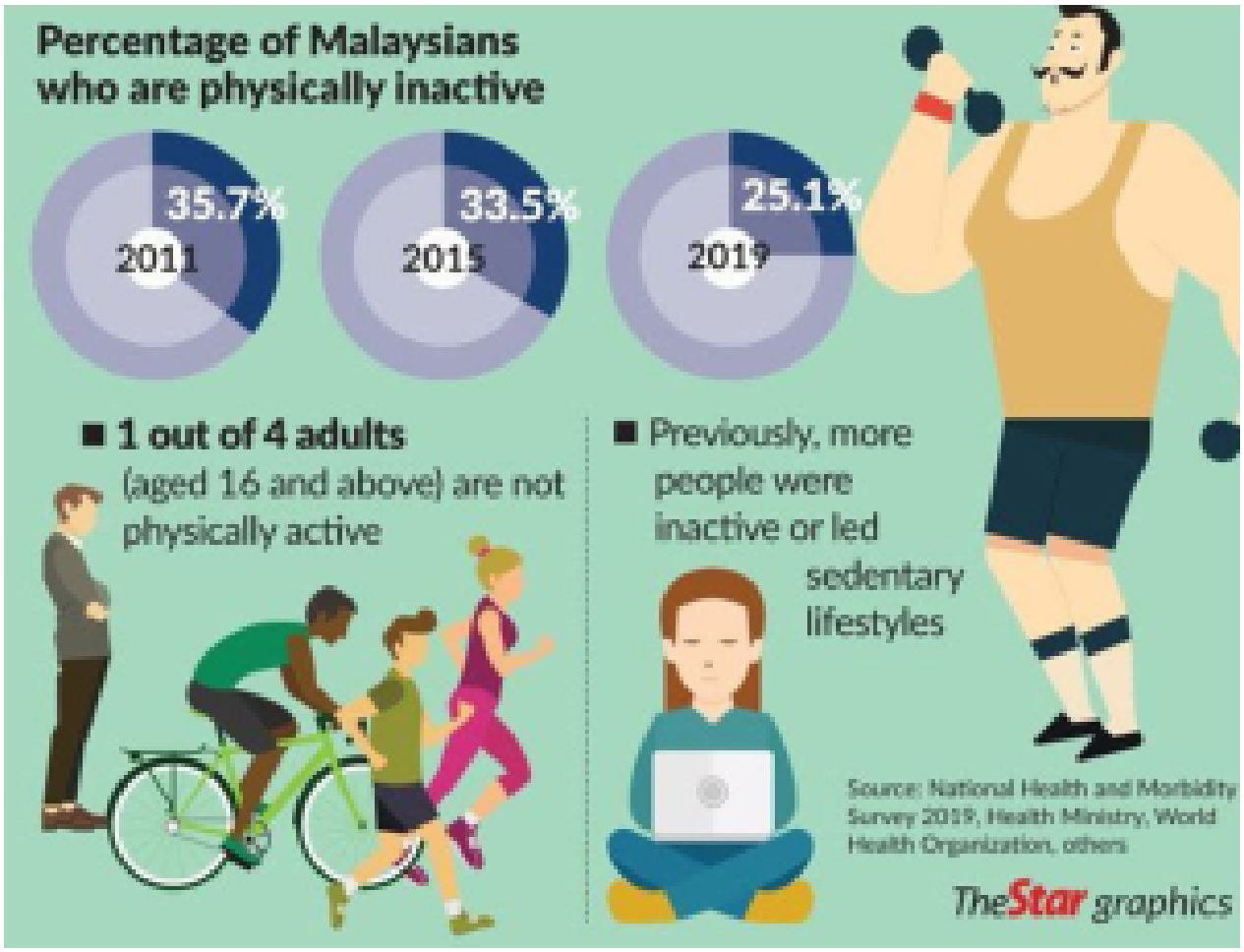
The COVID-19 pandemic have forced changes in lifestyles around the world in 2020, profoundly altering our daily lives. The COVID-19 pandemic has also familiarized us with concepts such as social distancing, isolation, quarantine, disinfection and personal hygiene. After the outbreak of this pandemic,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

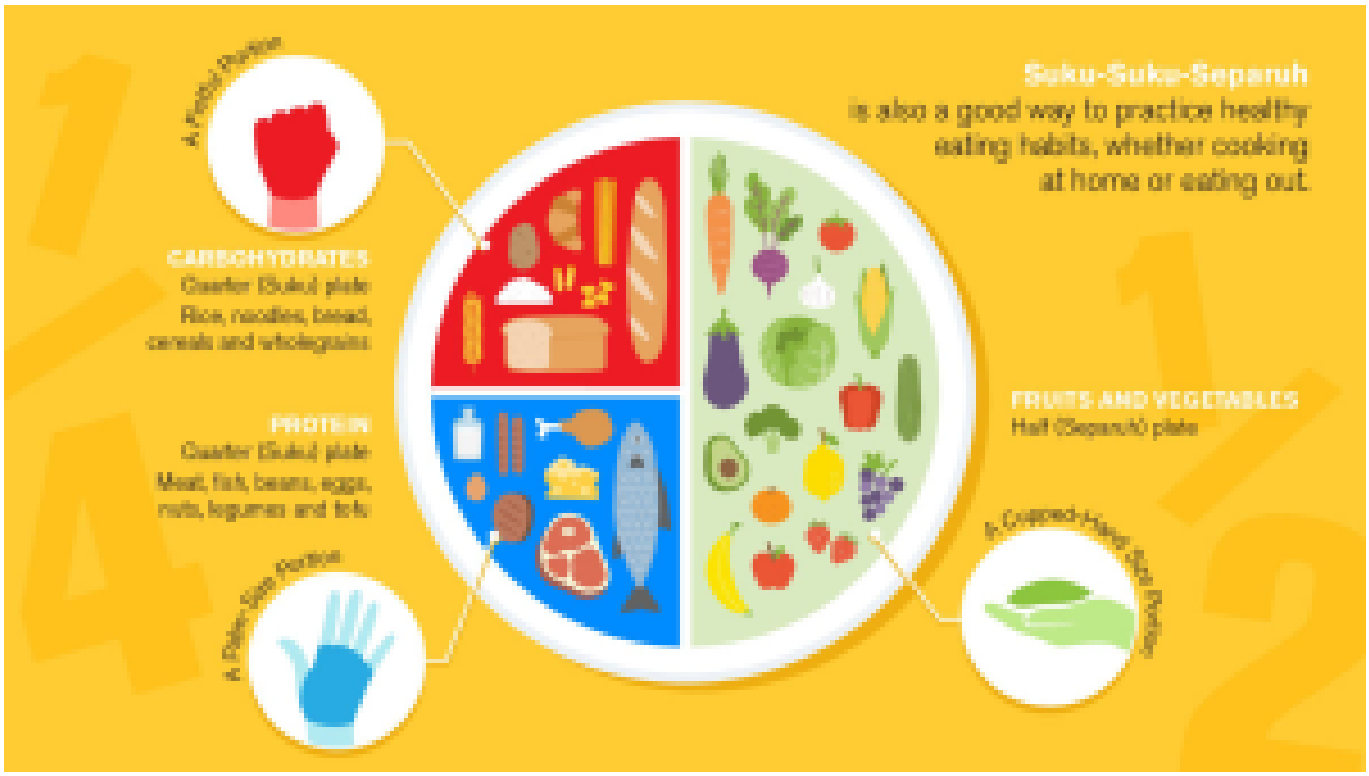


Are you physically active or inactive?



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.

Call us now for more info.

Information are extract from the Star Newspaper.

Contact us now for a free consultation on flood coverage for

your property.

1. Email your queries to insurance@edindings.com or
2. Call us at 012-2861817 (M), 03-21622515 (O)