



CENTRAL JAMAICA CONFERENCE
OF SEVENTH-DAY ADVENTISTS
HEALTH MINISTRIES DEPARTMENT

HEALTH NUGGETS

NEW START



HEALTH PROMOTION UNDER LOCKDOWN - KEEP MOVING

Physical activity promotes general wellness, good mental health and the control of lifestyle diseases such as diabetes and high blood pressure.





HEALTH PROMOTION UNDER LOCKDOWN - KEEP MOVING

Consider:

- Start walking around your home:
 - In your yard
 - Inside your house (room to room)
- Start walking on the road
Respect each other's social space.





HEALTH PROMOTION UNDER LOCKDOWN - KEEP MOVING



DISCLAIMER:

Increased physical activity should not be done at the expense of your health.





HEALTH PROMOTION UNDER LOCKDOWN - KEEP MOVING

DISCLAIMER:

Call your doctor or the Ministry of Health & Wellness hotline if you develop flu-like symptoms such as fever, cough and difficulty breathing.

**Rest is an important part of
recovery**





HEALTH PROMOTION UNDER LOCKDOWN - KEEP MOVING



2 Timothy 1:7

For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind.

