

Never ever take obesity lightly as it is the mother of various other diseases.

Here are 5 safety tips to help you on your journey to a healthier lifestyle:

- Eat a balanced diet rich in fruits, vegetables, and whole grains
- Limit processed foods and sugary beverages
- Stay physically active by incorporating regular exercise into your routine
- Get enough sleep to support a healthy metabolism
- Seek support from healthcare professionals or support groups if you need help managing your weight.

Stay Healthy & Active to avoid obesity

**World Obesity Day**  
March 4



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