

Five ways to be healthier in 2020



1

Quit smoking and drink less alcohol



4

Protect your skin when outside



2

Eat more fruit and veg



3

Move more



5

Thirsty?
Choose Water!



Health

Central Coast
Local Health District

For more information, click on the icons, or for further resources to help you lead a healthier lifestyle, visit www.healthpromotion.com.au