



MINISTRY OF
**HEALTH &
WELLNESS**



JAMAICA MOVES



Thank You For Taking The Stairs Today

**YOU JUST DID
THE FOLLOWING:**

**BURNT SOME
CALORIES**

**SAVED SOME
ELECTRICITY**

Taking the stairs keeps you
fit and healthy and helps the
environment



60 MINUTES (CHILDREN) AND 30 MINUTES (ADULT) OF PHYSICAL ACTIVITY EACH DAY ALONG WITH HEALTHY EATING CAN LOWER YOUR RISK OF NON-COMMUNICABLE DISEASES (NCDs) SUCH AS DIABETES, HYPERTENSION AND CERTAIN CANCERS.

Visit your doctor/local health centre or call 876-633-8172

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