

BOO-ST YOUR HEALTH

WITH SOME FUN FACTS

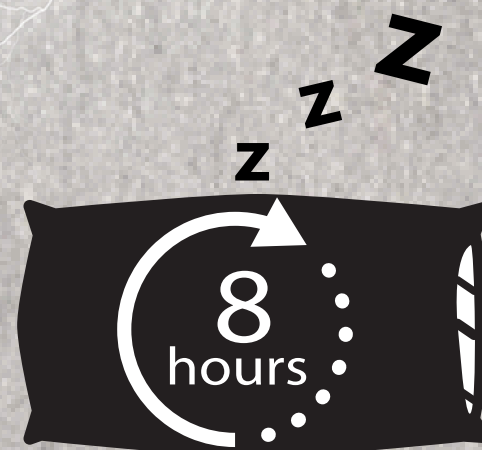
🌀 MINDFUL INDULGENCE 🌀

- Enjoy sweets and pumpkin desserts in moderation.
- Pair them with nutritious options like roasted veggies and whole grain snacks.
- Choose nutritious Halloween treats to sustain energy levels and dental health.



🛌 SLEEP WELLNESS 🛌

- Establish a proper bedtime routine
- Dim lights, refrain from using mobile devices.
- Feel refreshed while decreasing your chances of getting sick and also lowering any risk of chronic diseases.



🧠 MENTAL WELLNESS 🧠

- Mindful breathing breaks
- Actively taking steps to shy away from the digital world to engage with your loved ones is a step towards greater mental health!



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