

預防傳染病的其中一個最有效方法，就是通過實踐健康生活模式，包括均衡飲食、恆常運動、不吸煙及有足夠休息，以增強身體抵抗力。

要為身體提供足夠能量及營養素，並維持機能正常，我們應該注意均衡飲食，以下是一些要點：

- 選擇不同種類食物。
- 以全穀類食物作為每餐主要食物。
- 進食充足蔬果。
- 進食適量瘦肉（包括家禽、魚、海鮮、蛋）或豆類，及低脂奶類產品。
- 避免進食加工或醃製食品，以及高脂、高膽固醇、高鹽分及糖分的食物。
- 喝足夠的飲料。
- 飲食要定時定量。

另外，據研究顯示，恆常運動（每天進行三十分鐘中等劇烈程度的運動）可以促進健康，包括強化心臟及血管和改善心肺功能及血液循環等。除了每天進行連續半小時運動外，也可嘗試累積運動時間，只要每次不少於十分鐘，於一天內累積半小時的運動量並非難事。

Practising healthy lifestyle is one of the most effective ways to boost your body resistance against communicable diseases. Eat a balanced diet, get regular exercise, do not smoke and have adequate rest to build up body resistance.

In order to provide the body with enough energy and nutrients and sustain body functions, everybody should follow a balanced diet which consists of but is not limited to the following major components:

- Choose a variety of food.
- Consume whole grains as the major component of each meal.
- Eat plenty of fruits and vegetables.
- Eat an adequate amount of lean meat (including poultry, fish, seafood, eggs) or beans and reduced fat dairy products.
- Avoid processed or preserved food and food that is rich in fat, cholesterol, salt and sugar.
- Drink adequate amounts of fluids.
- Have regular meals.

Studies reveal that regular exercise (30 minutes of physical activity of moderate intensity every day) is beneficial to health. It can build up cardiovascular endurance, enhance heart and lung functions and improve blood circulation. Apart from engaging in a continuous half hour of exercise, you can also accumulate your exercise time in the form of multiple sessions that are not less than 10 minutes each. That way, you can easily achieve the daily goal of 30 minutes of exercise.