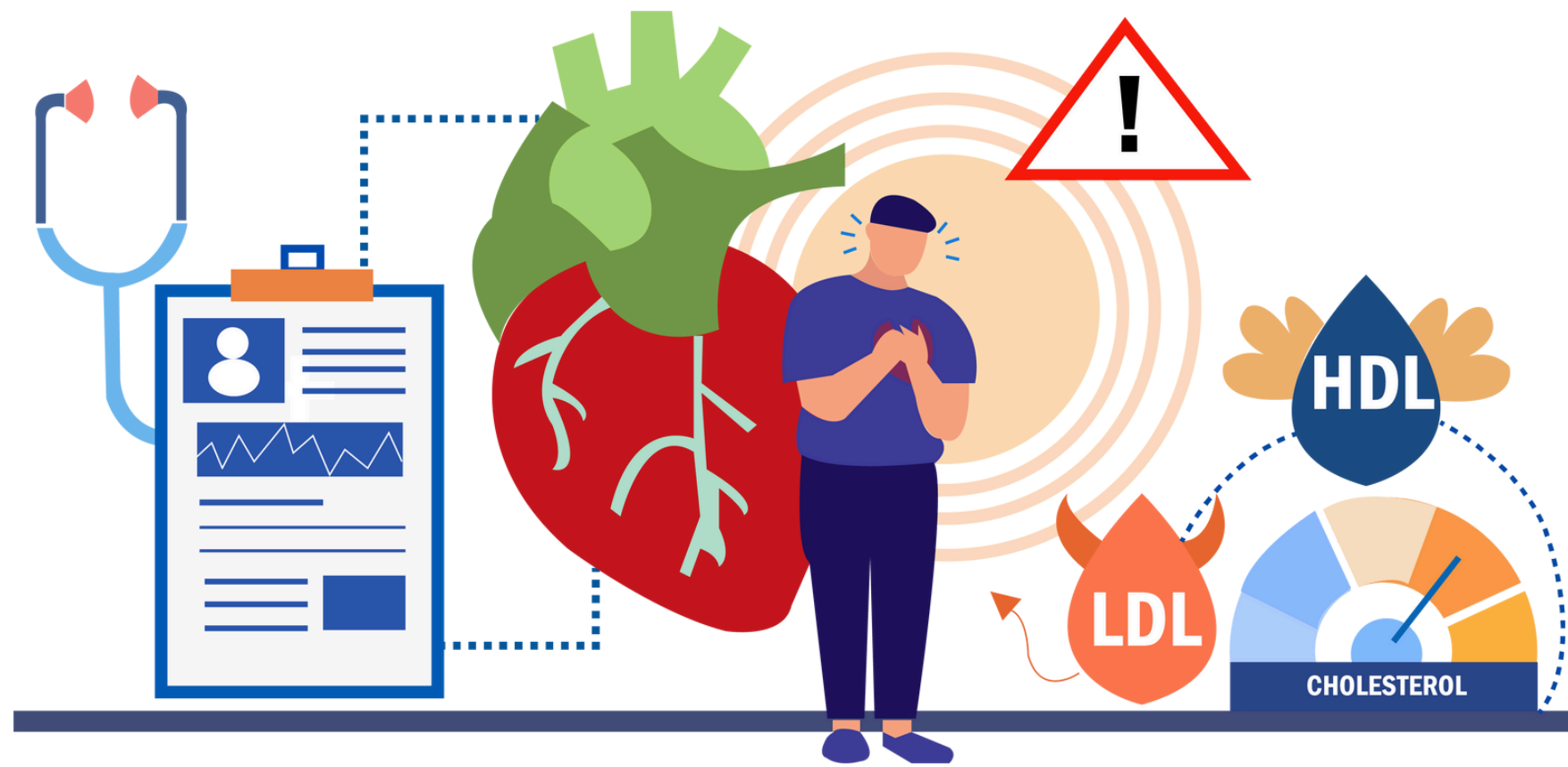


# Health Promotion

## 6 steps improving your health

### For Aviation Personnel



Health promotion is vital in aviation because it helps aviation personnel, who are considered safety-sensitive personnel, maintain optimal physical and mental fitness, reduce the risk of in-flight incapacitation, and ensure flight safety through sustained crew performance.

### Stay Active

- At least 150 minutes per week of moderate-intensity aerobic activity or;
- 75 minutes per week of vigorous aerobic activity, or a combination of both



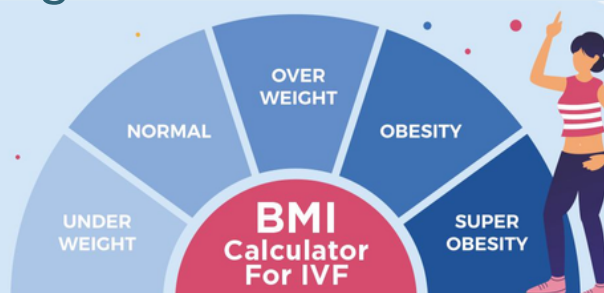
### Healthy Diet

- Balance a diet with a variety and optimal ratio of protein, fat, carbohydrate, vitamins and minerals.



### Maintain a Healthy Weight

- BMI should be maintained as 18.5–24.9 kg/m<sup>2</sup>.
- Men are at increased risk of cardiovascular disease if their waist measurement is greater than 40 inches (102 cm).
- Women are at increased risk of cardiovascular disease if their waist measurement is greater than 35 inches (89 cm).



### Stop Smoking

- Smoking increases the risk of cardiovascular disease 2–4 times and developing cancer about 25 times compared with non-smokers.
- Stop smoking improves blood circulation and lung capacity up to 10%.



### Stress Management

- Many study proves that stress can increase the prevalence and severity of health conditions.
- Stress Reduction activities such as meditation, exercising, leisure activities, positive talking and eliminating stressors



### Screening your risk with calculation

- Promote the self-awareness by using appropriate and related calculator for the health condition.

