

There's a lot you can do to take care of your health. It's not just about popping pills.

1 Eat a balanced **diet**.



2 Get some **exercise**.



3 If you are a smoker, **give up smoking**.

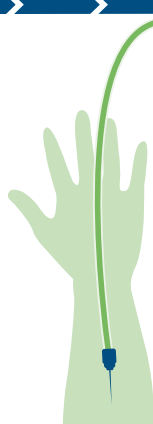


5 Talk to people and **get support**.

6 Attend your clinic appointments and have **regular blood tests**.



4 Get enough **rest and sleep**.



7 **Take anti-HIV drugs**, if your blood tests show that you need to.

Important points

● Just as for anybody else, changes to your lifestyle can be good for your general health.

● Regular blood tests will tell you if you need HIV treatment.



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