

The Improving Health Programme & System (Healthy diet & Exercise)



Look and think about the Health Programme & System improvement.

Imagine you are the Secretary of Health in your country, and you want to improve the Health Programme & System (referring to healthy diet and exercise). How could you do that?

Consider the following aspects: Why do consider that your country needs this change? Which activity/activities would you start with? What would the benefits of this new health programme be? Where can you start working with this programme? (Schools, jobs, public sector, etc.)

Why does your country need this change? _____

Which activity/activities would you start with? _____

Benefits of this plan: _____ **Place(s) to start the plan:** _____

_____	_____
_____	_____
_____	_____

Description (What will your plan be like to improve the Health System referring to healthy diet & exercising?) Summarize your idea.
