



C
Cigarette
Smoking

H
HIV, AIDS,
and STIs

A
Alcohol
and Drug
Abuse

N
Nasal and
Lung
Ailments
and
Tuberculosis

G
Good
Nutrition
and
Exclusive
Breastfeeding

E
Exercise

Live free from habits
that get in the way of your dreams.

Practice those that help you
achieve your goals in life.

CHANGE is a comprehensive workplace health and wellness campaign under the **iFLY** Keep Fit. Live Young. Healthy Lifestyle in the Workplace Program that aims to enable young professionals to make healthy choices to improve their well-being and overall performance.