This toolkit contains five tools for topic 2. The tools can also be found at www.ifrc.org. In the order of usage, they are:

2.1 The Dangerous Four posters
• Tobacco use
• Excessive alcohol
• Unhealthy diet
• Physical inactivity

2.2 "How much is too much?" alcohol serving size poster

2.3 Healthy eating guide and Fruit and vegetable serving size posters

2.4 Exercise cards
• Squat
• Lunge
• Plank
• Bent knee push-up

2.5 Healthy lifestyle game
• Player directions
• Colour game board
• Game die
• Set of "1st roll NCD cards"
• One set of colour loan coupons
• Red Bucks (in '1's and '5's)
• One set of colour game cards

For more information on this IFRC publication, please contact:
International Federation of Red Cross and Red Crescent Societies
P.O. Box 372
CH-1211 Geneva 19
Switzerland
Telephone: +41 22 730 4272
Telefax: +41 22 733 0395
Email: secretariat@ifrc.org
Tobacco use

Brain
Nicotine makes you anxious, nervous, moody and depressed when you are NOT smoking

Mouth and teeth
› Teeth turn yellow
› Bad breath
› Causes gum disease and mouth cancer

Throat
Causes cancer of the throat and voicebox

Lungs
› Increases risk of lung cancer
› Can cause bronchitis and emphysema

Skin
Causes wrinkles

Muscles and joints
› Oxygen has a harder time reaching your muscles
› Can increase risk of arthritis

Heart
› Narrows blood vessels and makes your heart work too hard
› Can block arteries, cause heart attacks and strokes

Stomach and intestines
 Increases risk of stomach cancer

Reproductive organs
Increases risk of cancer of the reproductive organs

Other organs
Increases risk of cancer of the bladder, kidney and pancreas

Nicotine makes you anxious, nervous, moody and depressed when you are NOT smoking.

Teeth turn yellow.
Bad breath.
Causes gum disease and mouth cancer.

Causes cancer of the throat and voicebox.

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Can cause bronchitis and emphysema.

Causes wrinkles.

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Can block arteries, cause heart attacks and strokes.

Increases risk of stomach cancer.

Increases risk of cancer of the reproductive organs.

Increases risk of cancer of the bladder, kidney and pancreas.
Tobacco use

1. Show the tobacco poster. As you read the following data on tobacco use, refer to the picture on the poster as needed for emphasis.

2. Say:

Does anyone here use tobacco or know someone who uses tobacco?

3. Say:

Tobacco use

Let us look at how tobacco affects the body.

Using tobacco products is the most dangerous behaviour and puts you and those around you – at the greatest risk for diabetes, cancer, cardiovascular diseases and chronic respiratory diseases.

- Tobacco products contain tar, which damage your lungs, your throat, mouth and your entire body.
- Tar and carbon monoxide produced when tobacco is lit cause damage to the body.
- Nicotine is an addictive material in tobacco that becomes difficult to quit once you become addicted.1
- Smoke from tobacco and other organic materials contain dangerous chemicals that cause many genetic mutations in the body.2
- ALL forms of tobacco are deadly, including:
  - Cigarettes or bidis
  - Cigars, also known as cheroots, stumpen or dhunis
  - Kreteks
  - Clay pipes, also known as suipa, chillum or hookli
  - Water pipes, also known as shisha or bubbly bubbly
  - Chewing tobacco, also known as plug, loose-leaf, snuff or twist3
  - Breathing in smoke from another person’s tobacco smoking or even breathing in the smoke from a fire burning from wood, animal dung or crop waste is even MORE dangerous.
  - Breathing tobacco smoke is especially dangerous for infants and children since their lungs are in the developmental stage and are highly vulnerable.
  - In men, tobacco use can greatly increase the risk of impotence.
  - With every bit of tobacco used, the damage becomes greater with continued tobacco use the risk of NCDs increases many folds.
  - Younger bodies are more likely to become damaged by tobacco. The younger you are when you start using tobacco, the more damage occurs to your body since a younger body is still developing and is much more vulnerable to tobacco and smoke.

4. Continue to refer to the poster and say:

Let us look at how tobacco affects each part of your body.

- Worst of all, tobacco contains tar and nicotine that is addictive. This means that once you start, it will be even harder to stop.
- Tobacco affects your mouth and teeth first. It makes your teeth turn yellow and gives you bad breath.
- Tobacco use means that your skin is more likely to wrinkle and you are more likely to lose your hair at a younger age.
- Tobacco and smoke also causes cancer of the gum, mouth, throat and voice box, as well as lung cancer.
- Smoking tobacco makes you cough and can lead to bronchitis and emphysema.
- Smoking affects your other organs too and predisposes you to diagnosed with cancer of the bladder, kidney, pancreas, stomach or sex organs.
- Tobacco makes your blood vessels grow smaller making your heart work harder and can lead to another NCD – cardiovascular disease.

5. Ask:

So what can you do?

Stop smoking, using tobacco products and/or breathing smoke from other smokers or even from a cooking stove. Breathe clean, fresh air.

6. Ask:

- If you live or work next to a person who smokes when you are in the same room, did you know that you are at a greater risk? What can you do about it?
- If you cook with a wood or coal stove, were you aware of the dangers of breathing in the smoke of these fires? What can you do about it?
- How can you stop or get someone that you love to stop using tobacco?
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no apparent cause.

7. Let’s look at the poster to see how the entire body is affected.
Excess alcohol

Brain

- Excessive use of alcohol can cause brain damage
- Can cause stroke

Heart

- Can cause irregular heartbeat

Stomach and intestines

- Can cause bleeding ulcers in stomach
- Can increase risk of intestinal ulcers and cancer

Reproductive organs

- Can cause impotence in men
- Can cause infertility in women
- For pregnant women, can cause birth defects

Other organs

- Can cause liver disease or liver failure

Muscles and joints

- Can weaken muscles

Lungs

- Can cause breathing to become irregular or stop

Bones

- Can weaken bones and cause osteoporosis

Throat

- Can cause bleeding in the throat

Brain

- Excessive use of alcohol can cause brain damage
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- Can cause bleeding in the throat
Tool 2.1 - The Dangerous Four

Excess alcohol

1. Show the Excess alcohol poster. As you read the following data on excessive amounts of alcohol, refer to the picture on the poster as needed for emphasis.

2. Ask:

Does anyone here drink too much alcohol – so much that it is making your life more difficult – or know someone who does?

3. Say:

Let us look at how excessive amounts of alcohol affect the body.

- Too much alcohol increases your risk of cancer, liver diseases and cardiovascular diseases.
- When you drink, the alcohol is absorbed directly into your bloodstream.
- The alcohol in your blood has to be processed by the liver. The liver can only process one standard serving of alcohol per hour.
- Any extra alcohol after one serving is in your bloodstream where it now has direct access to all your organs as it waits for the liver to be ready to process it. As the alcohol-soaked blood flows through every major organ, it causes damage, making you more vulnerable to NCDs like cancer, cardiovascular diseases, chronic respiratory diseases and diabetes.

- The major organs that are most greatly affected are:
  - Liver: Excessive use of alcohol causes the liver to become sick and filled with scar tissue. Too much alcohol can cause cancer of the liver and other organs.
  - Digestive organs: Your entire digestive system including your stomach, small intestines, oesophagus and pancreas are all affected by consistent excess alcohol. Cancer and chronic respiratory diseases are more likely to develop in these organs if you drink too much.
  - Reproductive organs:
    - In men, too much alcohol can cause impotence.
    - In women, too much alcohol can make it difficult to become pregnant.
    - If a woman is already pregnant, it is likely that drinking alcohol will hurt the unborn baby and cause the child to be born with birth defects.

4. Ask

So what can you do?

- Avoid alcohol if you can. If you must drink,
- Men should drink no more than two moderate-sized alcoholic drinks per day.
- Women should drink no more than one moderate-sized alcoholic drink per day.
- Pregnant women should not drink any alcohol.

5. How much is too much?

See the How much is too much? poster (tool 2.2) for approximate amounts that equal one drink.

6. Ask:

What are some ways to stop or get someone that you love to stop drinking too much?

7. Let’s look at the poster to see how the entire body is affected.
Unhealthy diet

**Brain**
- Can cause feelings of exhaustion and/or depression

**Mouth and teeth**
- Eating salt, fat and sugar triggers body to want more unhealthy fat, sugar and salt
- Can cause cavities

**Heart**
- Sugary and fattening food AND too much food can block arteries and make your heart work too hard

**Stomach and intestines**
- Can cause constipation
- Eating or drinking too much sugar puts undue stress on digestive system and causes body to store fat

**Other organs**
- Can cause you to frequently become ill
- Causes blood sugar to become imbalanced
- Causes your cells to age faster
- If an organ in your body does not have all the ingredients it needs from the foods you eat to do its job well, it simply will not do its job well or even at all and is much more likely to become sick and stop working
- Increases adrenaline that increases body’s level of stress
1. Show the unhealthy diet poster. As you read the following data on unhealthy diet, refer to the picture on the poster as needed for emphasis.

2. Say:

Let us look at how unhealthy foods affect the body.

- When you eat food, your body will digest and process it into energy according to its requirement and whatever is surplus will be stored as fat in the blood vessels, heart and other organs.
- This extra fat blocks your arteries and makes your heart work harder to push your blood through to the rest of your body. Fat also gets stored in your organs that makes your organs work extra hard to do their job.
- All foods have calories that fuel the body. A high-calorie food is not necessarily a high-grade or high-quality food.
- Fruits and vegetables have a small number of calories but are a high-grade as well as vitamins and minerals that your body needs to feel and be well.
- Some foods that are high in calories like lard, butter, candy, fried foods are low-quality fuel. They usually just contain things that your body does not really need. They contain too much fat, which blocks up your heart and blood vessels, making you heart work harder than it should.
- Sugar, when eaten or drunk, turns to fat and makes your cells sick.
- When your body continually does not get all the vitamins, minerals and water it needs in the foods you eat, your body struggles to do its work well and you will feel tired, exhausted and unwell.
- If an organ in your body does not have all the ingredients it needs from the foods you eat to do its job well, it simply will not do its job well or even at all and is much more likely to become sick and stop working.
- When your body organs do not work well or stop functioning, you can become very sick or even die.
- Drinking sugary drinks only adds more stress to your body as it tries to process the sugar and puts you at risk for diabetes and cardiovascular disease.

Let us look at what healthy foods are and talk about how they help your body. Then we will look at some unhealthy foods and talk about how they hurt your body.

3. Show the healthy eating guide posters from your toolkit that show foods that your participants eat, have access to and that are familiar in your community.

4. Ask:

- So, what can you do?
  - You can drink lots of water – about 4 to 5 large glasses every day helps your body to wash out the bad things your body is trying to get rid of, helps you to defecate more often and gives your body the fluid it needs to work properly.
  - Eat five servings of fruits and vegetables every day.
  - Limit the amount of fat, sugar and salt you eat. Too much of these can hurt you and make you sick.

5. Healthy eating guide

See the Healthy eating guide poster (tool 2.3) for a comparison of healthy versus unhealthy foods and how healthy foods benefit your body and vice versa.

6. Fruit and vegetable serving sizes

See the Fruit and vegetable serving sizes poster (tool 2.3) for what a serving size is. It is adapted to your local context.

7. Ask:

- Does anyone here eat five servings of fruits and vegetables every day?
- Does anyone here drink enough water every day – about 4 to 5 large glasses?
- What is your favourite unhealthy food?
- What is your favourite healthy food?
- How can you make your favourite unhealthy food healthier?
- How does it feel to know about the bad things in unhealthy food and what damage it can do to your body?
- How can you make sure to feed yourself and your family enough fruits and vegetables every day?

8. Let’s look at the poster to see how the entire body is affected.
Lungs
- Produce less oxygen

Skin
- Lack of nutrients leads to unhealthy skin and hair, exhaustion, headaches, low moods and difficulties in concentrating

Muscles and joints
- When you do not use your muscles, you lose muscle mass. You gain weight easily and become weaker

Heart
- Your heart muscles grow weak and it becomes a strain to do basic activities

Stomach and intestines
- Can cause constipation

Bones
- Can weaken bones and cause osteoporosis

Other organs
- Your body becomes weak and more likely to become sick
Tool 2.1 - The Dangerous Four

Physical inactivity

1. Show the inactivity poster. As you read the following data on inactivity, refer to the picture on the poster as needed for emphasis.

2. Say:

Let us look at how doing too little physical activity affects the body.

- Physical activity keeps muscles, joints, bones, tendons – all your body parts moving and working to the fullest potential.
- When you do not use your body, it loses flexibility and the ability to do the things they should be able to do. The less you use your muscles, the more muscle you lose.
- When you consistently do less than 30 minutes of activity each day, your lungs produce less oxygen just as your body demands more oxygen.
- When you consistently do less than 30 minutes of activity each day, your heart pushes less blood through it, you have a hard time making defecate and your bones and muscles actually start to weaken.
- In this weakened state, your body is vulnerable – it is not working at 100 per cent and is much more likely to become sick.
- As soon as you sit down, the activity in your muscles slows down, your body stops burning energy efficiently and your body starts to lose much of its ability to break down fat in your body.
- The longer you stay inactive, the more your muscles break down, the less able your body is to pump blood and breathe efficiently and you are at a higher risk of having diabetes, cardiovascular disease, cancer and chronic respiratory disease.

3. Ask:

So, what can you do?

- Become a little more active each day.
- Try to move your body as much as you can throughout the day every day.
- Walk to school, the market or work when you can.

- Stretch your muscles by doing stretching exercises or yoga twice a week.
- Give your muscles a workout by doing simple exercises that stress the muscle safely to make them stronger like push-ups, sit-ups and squats.

4. Ask:

- Raise your hand if you get at least 30 minutes of exercise a day.
- What are some of the reasons that it may be difficult for you to get 30 minutes of exercise each day?
- How do you feel after doing exercise?
- How can you make sure to get more exercise?
- Would you like to do some simple exercises now? Let us do some together!

Refer to the exercise guide poster to guide people through a few basic exercises.

5. Let's look at the poster to see how the entire body is affected.
How much is too much?
Harmful use of alcohol is more than one standard serving size per hour.

1 STANDARD DRINK CONTAINS 10G OF PURE ALCOHOL

1SD = Half Pint Beer/Stout/Ale

or Pub Measure Spirit

or Small Glass Wine

... and some drinks are more than one Standard Drink (10g of pure alcohol)
Tool 2.2 - How much is too much?

Harmful use of alcohol

1. Say:

- One serving determines how much alcohol is in a specific drink by its size.
- A beer has a lower alcohol percentage than Arak or whiskey. This means that you can drink a glass of beer or a small shot glass of Arak and they both count as one alcoholic drink.
- Knowing how much alcohol is in the alcoholic drink is important.

2. Ask:

- How much is too much?
- How can you limit your alcohol when you are drinking with friends?
- Think of ways to tell your friends that you want to limit your alcohol and how they can help you to change your behaviours.
### Effects on the body

<table>
<thead>
<tr>
<th>Healthy Eating Effects</th>
<th>Unhealthy Eating Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preserves vision — can prevent or delay all age-related eye problems like macular degeneration, cataract, myopia, dryness and infections</td>
<td>Lack of nutrients leads to unhealthy skin and hair, exhaustion, headaches, low moods and difficulties in concentrating</td>
</tr>
<tr>
<td>Promotes and heals damaged cells in the brain and nervous system</td>
<td>Allows bacteria to grow in your mouth that eat holes in your teeth</td>
</tr>
<tr>
<td>Significantly improves learning capacity and motor skills</td>
<td>Causes blood sugar to become imbalanced and leads to sad moods and exhaustion</td>
</tr>
<tr>
<td>Effective antidepressant</td>
<td>Increases adrenaline that increases body’s level of stress</td>
</tr>
<tr>
<td>Lowers blood cholesterol levels</td>
<td>Can lead to more dangerous material in your blood that can cause diabetes, cardiovascular disease and liver disease</td>
</tr>
<tr>
<td>Improves blood sugar control</td>
<td>Causes unhealthy weight gain</td>
</tr>
<tr>
<td>Lowers the risk of heart disease and diabetes</td>
<td>Provides few or no nutrients that your body needs</td>
</tr>
<tr>
<td>Strengthens the muscles in the heart</td>
<td>Can cause constipation due to lack of fibre and water content</td>
</tr>
<tr>
<td>Boost your immunity and can keep you from becoming sick or getting an infection</td>
<td>Causes your cells to age faster</td>
</tr>
<tr>
<td>Helps prevent disease and ageing in the body</td>
<td></td>
</tr>
<tr>
<td>Reduces belly fat and risk factors for cardiovascular disease</td>
<td></td>
</tr>
<tr>
<td>Lowers body weight, lowers total fat mass and reduces fat in the liver that can cause obesity and diabetes</td>
<td></td>
</tr>
<tr>
<td>Has antibiotic properties that reduces infections</td>
<td></td>
</tr>
<tr>
<td>Prevents constipation and improves digestion</td>
<td></td>
</tr>
<tr>
<td>Can prevent and stop cancer growth</td>
<td></td>
</tr>
</tbody>
</table>
Lack of nutrients leads to unhealthy skin and hair, exhaustion, headaches, low moods and difficulties in concentrating.

Allows bacteria to grow in your mouth that eat holes in your teeth.

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Significantly improves learning capacity and motor skills.

Effective antidepressant.

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Helps prevent disease and ageing in the body.

Reduces belly fat and risk factors for cardiovascular disease.

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Has antibiotic properties that reduces infections.

Prevents constipation and improves digestion.

Can prevent and stop cancer growth.

Let us look at how unhealthy foods affect the body.

• When you eat food, your body will digest and process it into energy according to its requirement and whatever is surplus will be stored as fat in the blood vessels, heart and other organs.

• This extra fat blocks your arteries and makes your heart work harder to push your blood through to the rest of your body. Fat also gets stored in your organs that makes your organs work extra hard to do their job.

• All foods have calories that fuel the body. A high-calorie food is not necessarily a high-grade or high-quality food.

• Fruits and vegetables have a small number of calories but are a high-grade or high-quality fuel. They contain a lot of water and fibre as well as vitamins and minerals that your body needs to feel and be well.

• Some foods that are high in calories like lard, butter, candy, fried foods are low-quality fuel. They usually just contain things that your body does not really need. They contain too much fat, which blocks up your heart and blood vessels, making your heart work harder than it should.

• Sugar, when eaten or drunk, turns to fat and makes your cells sick.

• When your body continually does not get all the vitamins, minerals and water it needs in the foods you eat, your body struggles to do its work well and you will feel tired, exhausted and unwell.

• If an organ in your body does not have all the ingredients it needs from the foods you eat to do its job well, it simply will not do its job well or even at all and is much more likely to become sick and stop working.

• When your body organs do not work well or stop functioning, you can become very sick or even die.

• Drinking sugary drinks only adds more stress to your body as it tries to process the sugar and puts you at risk for diabetes and cardiovascular disease.

1. Show the unhealthy diet poster. As you read the following data on unhealthy diet, refer to the picture on the poster as needed for emphasis.

2. Say:

Let us look at how unhealthy foods affect the body.

3. Show the healthy eating guide posters from your toolkit that show foods that your participants eat, have access to and that are familiar in your community.

4. Ask:

So, what can you do?

• You can drink lots of water — about 4 to 5 large glasses every day helps your body to wash out the bad things your body is trying to get rid of, helps you to defecate more often and gives your body the fluid it needs to work properly.

• Eat five servings of fruits and vegetables every day.

• Limit the amount of fat, sugar and salt you eat. Too much of these can hurt you and make you sick.

5. Ask:

• Does anyone here eat five servings of fruits and vegetables every day?

• Does anyone here drink enough water every day — about 4 to 5 large glasses?

• What is your favourite unhealthy food?

• What is your favourite healthy food?

• How can you make your favourite unhealthy food healthier?

• How does it feel to know about the bad things in unhealthy food and what damage it can do to your body?

• How can you make sure to feed yourself and your family enough fruits and vegetables every day?

6. Let’s look at the poster to see how the entire body is affected.
### Fruit

<table>
<thead>
<tr>
<th>Fruit</th>
<th>1 cup is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 small apple</td>
<td>(about 2 1/2 inches in diameter, a little smaller than a baseball)</td>
</tr>
<tr>
<td>1 large banana</td>
<td>(8 to 9 inches long)</td>
</tr>
<tr>
<td>1/8 of a large melon</td>
<td>or 1 cup diced</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 medium grapefruit</td>
<td>(about 4 inches across)</td>
</tr>
<tr>
<td>12 grapes</td>
<td></td>
</tr>
<tr>
<td>1 large orange</td>
<td>(a little bigger than a baseball)</td>
</tr>
<tr>
<td>1 large peach</td>
<td>(about the size of a tennis ball)</td>
</tr>
<tr>
<td>1 medium pear</td>
<td></td>
</tr>
<tr>
<td>1 cup of chopped pineapple</td>
<td>(a little less than 1/4 of a pineapple)</td>
</tr>
<tr>
<td>2 large plums</td>
<td></td>
</tr>
<tr>
<td>7 large berries</td>
<td>(about 2 1/2 inches in diameter, a little smaller than a baseball)</td>
</tr>
<tr>
<td>1 large tomato</td>
<td>(about 3 inches in diameter; about the size of a baseball)</td>
</tr>
<tr>
<td>1 medium mango</td>
<td></td>
</tr>
<tr>
<td>1/2 papaya</td>
<td></td>
</tr>
<tr>
<td>6 lychees</td>
<td></td>
</tr>
<tr>
<td>1 whole squash or zucchini</td>
<td>(7 to 8 inches long) or about 1/2 of a large yellow crookneck</td>
</tr>
<tr>
<td>1 large baked potato</td>
<td>(about 2 1/4 inches in diameter)</td>
</tr>
</tbody>
</table>

### Vegetables

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>1 cup is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus:</td>
<td>2 spears</td>
</tr>
<tr>
<td>1 cup of beans, cooked</td>
<td>(Black, garbanzo, etc...)</td>
</tr>
<tr>
<td>1 large pepper</td>
<td>(about 3 inches in diameter)</td>
</tr>
<tr>
<td>6 small broccoli florets</td>
<td>A generous fistful (tennis ball size)</td>
</tr>
<tr>
<td>1 cup of beans, cooked</td>
<td>(Black, garbanzo, etc...)</td>
</tr>
<tr>
<td>1/4 head of cauliflower</td>
<td>(11 to 12 inches long)</td>
</tr>
<tr>
<td>2 medium carrots</td>
<td>(6 to 7 inches long)</td>
</tr>
<tr>
<td>1 cup diced or 2 celery stalks</td>
<td>(8 to 9 inches long)</td>
</tr>
<tr>
<td>1/2 of a medium cucumber</td>
<td>(8 to 9 inches long)</td>
</tr>
<tr>
<td>10 green beans</td>
<td></td>
</tr>
<tr>
<td>1 cup greens, cooked</td>
<td>(kale, chard, etc.)</td>
</tr>
<tr>
<td>Two large leaves of raw greens</td>
<td>(lettuce, spinach, etc.)</td>
</tr>
<tr>
<td>1/2 onions</td>
<td></td>
</tr>
<tr>
<td>1 cup of mashed pumpkin</td>
<td>(245.0g)</td>
</tr>
</tbody>
</table>
Tool 2.3

Fruit and vegetable serving sizes

Fruit portions

**Fresh fruit**
See the front of this chart.

**Dried fruit**
A portion of dried fruit is around 30g. This is about one heaped tablespoon of raisins, currants or sultanas, one tablespoon of mixed fruit, two figs, three prunes or one handful of dried banana chips.

**Tinned fruit in natural juice**
One portion is roughly the same quantity of fruit that you would eat for a fresh portion, such as two pear or peach halves, six apricot halves or eight segments of tinned grapefruit.

Vegetable portions

**Fresh vegetables**
See the front of this chart.

**Tinned and frozen vegetables**
Roughly the same quantity as you would eat for a fresh portion.

**Pulses and beans**
However much you eat, beans and pulses count as a maximum of one portion a day.

**Potatoes**
Potatoes do not count towards your 5-A-DAY. They are classified nutritionally as a starchy food, because when eaten as part of a meal they are usually used in place of other sources of starch such as bread, rice or pasta. Although they do not count towards your 5-A-DAY, potatoes do play an important role in your diet as a starchy food.

**Juices and smoothies**
One 150ml glass of unsweetened 100 per cent fruit or vegetable juice can count as a portion. But only one glass counts, further glasses of juice do not count toward your total 5-A-DAY portions.
Squat

Exercise cards

1

2

3

4
**Tool 2.4 - Exercise cards**

**Squat**

---

**Step 1**

Starting Position: Begin standing with your feet slightly wider than hip-width and your toes turned out slightly. Your hands are by your sides with your palms facing inward. Pull the shoulders down your back toward your hips.

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**Step 2**

Engage your abdominal/core muscles to stabilize your spine ("bracing"). Keep your chest lifted and your chin parallel to the floor. Shift your weight back onto your heels as your hips begin to push toward the wall behind you.

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**Step 3**

Downward Phase: Begin this phase by hinging at the hips, shifting them back and down. Your hips and knees bend simultaneously. As you lower your hips the knees bend and will start to shift forward slowly. Try to prevent your knees from traveling too far forward past the toes. Keep the abdominals/core muscles engaged and try to keep your back flat (do not tuck the tail or arch the lower back).

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**Step 4**

Continue to lower yourself until your thighs are parallel or almost parallel to the floor. If your heels begin to lift off the floor or your torso begins to round, return to start position. Be aware of any movement that may occur at your feet, ankles and knees. Work to ensure that the feet do not move, the ankles do not collapse in or out and the knees remain lined up with the second toe.

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**Return to Step 1**

Upward Phase: While maintaining the position of your back, chest and head and with the abdominals engaged, exhale and return to start position by pushing your feet into the floor through your heels. The hips and torso should rise together. Keep the heels flat on the floor and knees aligned with the second toe.
Lunge

Exercise cards

1

2

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Tool 2.4
**Step 1**
Starting Position: Stand with your feet together. Pull your shoulder blades toward your hips. Engage your abdominal/core muscles ("brace") to stabilize your spine.

**Step 2**
In preparation to step forward, slowly lift one foot off the floor and find your balance on the standing leg. Try not to move the standing foot and maintain balance without wobbling. Pause. Hold this position briefly before stepping forward. The raised foot should land on the heel first. Slowly shift your body weight onto the lead foot, placing it firmly on the floor. As you shift your body weight to the lead foot/leg, avoid the tendency to tilt or sway the upper body and try not to move the forward foot.

As you step forward into the lunge, focus on a downward movement of your hips toward the floor. Avoid driving your hips forward. This will help control the forward movement of your shinbone over your foot. Continue lowering your body to a comfortable position or until your front thigh becomes parallel with the floor and your shinbone is in a slight forward lean. During the movement, slightly bend forward at your hips. Keep the back straight.

**Return to Step 1**
Firmly push off with the front leg, with both your thighs and butt muscles to return to your upright, starting position.
Plank

Exercise cards

1

2
**Tool 2.4 - Exercise cards**

**Plank**

**Step 1**

Starting Position: Lie on your stomach on an exercise mat or floor with your elbows close to your sides and directly under your shoulders, palms down **and fingers facing forward. Engage your abdominal/core muscles.** It should feel like you are tightening a corset around your ribs, waist and lower torso. Contract your **thigh muscles to straighten your legs strongly and flex your ankles,** (tucking your toes towards your shins).

**Step 2**

Upward Phase. Slowly lift your torso and thighs off the floor or mat. Keep your torso and legs rigid. Do not allow any sagging in your ribcage or lower back. Avoid hiking your hips into the air or bending the knees. Keep the shoulders away from the ears (no shrugging). The shoulders should be directly over your elbows with your palms facing down through the entire exercise. Continue to breathe, keeping the abdominals strong while holding this position. Try holding this position for 5 seconds or more.

**Return to Step 1**

Downward Phase: Keep the torso and legs stiff as you slowly and gently lower your body back towards the mat or floor.
Bent knee push-up

1

2

3
Tool 2.4 - Exercise cards

Bent knee push-up

Step 1
Starting Position: Come to a hands and knees position (quadruped) on the mat with your hands directly under your shoulders; fingers facing forward and knees under your hips. Engage the abdominals and pull the shoulder blades down your back.

Step 2
Reposition your knees as needed to create a straight line in your body from the knees, through the torso and out through the head. There should be no bend at the hips. Keep the abdominals braced.

Step 3
Downward Phase: Keeping the torso rigid and head aligned with your spine, slowly bend your elbows and lower your body toward the floor. Do not allow your lower back to sag or your hips to hike upward. Continue to lower yourself until your chest or chin touch the mat or floor. Your elbows should remain close to the sides of your body or flare outwards slightly.

Return to Step 1
Upward Phase: Maintaining a rigid torso and head aligned with your spine, press upward through your arms. Do not allow your lower back to sag or your hips to hike upward. Continue pressing until the elbows are straight.
Healthy lifestyle game

Start

Finish
NCDs can personally cost you most of your wages each year. Approximately 100 million people each year are pushed into poverty when they have to pay directly for health care costs caused by poor habits. These health care costs come from lost wages or salary when people are too ill to work, to pay for a doctor or clinic fees, a stay in a hospital, medicine and other costs. If you are not yet paying these costs and engage in one or more of the four risk factors, you will likely one day soon be affected by these costs. Let us look at these costs to help you see how unhealthy habits affect your body and ultimately, your wallet.

1. Say:

2. If working with a large group, place in groups of four players per group.
3. Explain that one of the players will also play the role of the bank, in addition to playing the game. Have each group decide who their banker is in their group.
4. If conducting a home visit, play with any interested family members in one group.
5. Distribute to each group a healthy lifestyles game kit.
6. Read through the directions with them. Answer any questions they may have.
7. Give the groups 20 minutes to play the game.

After the game ends, lead a discussion on the group’s experience playing the game.

- What did you like about the game?
- What was frustrating about the game?
- Who won by living a long life? How did they win?
- Who died early in the game? What happened?
- Who ended up with the most money?
- Who ended up with the least money?
- Is buying healthy foods that might be more expensive than unhealthy foods worth the extra cost? Explain your response.
- What costs are associated with unhealthy habits?

It is easy to make additional healthy lifestyle game kits for use with larger community groups. Go to www.ifrc.org. Look for the topic 2 folder and download this file. Open it on your computer. Click on the healthy lifestyles game materials folder. In the folder, you will find templates and sheets for creating additional paper copies of the healthy lifestyle game kit.

To make additional kits, do the following for EACH additional game kit you want to make:

- Print out the player directions document. Black and white (b/w) is fine. Staple sheets together.
- Print out the healthy lifestyles game board document in colour.
- Print out the dice template document. B/W is fine. Follow the directions on the template to make the dice.
- Player pawns – any collection of items can be used as pawns: coins, shells, stones or paperclips. Make each distinguishable by colour or shape.
- Print out the “1st roll NCD cards” document. B/W is fine. Cut out each card separately.
- Open the loan coupons document. Print out one set of loan coupons (b/w is fine), including:
  - Ten 1RB loan coupons
  - Ten 5RB loan coupons
  - Ten 10RB loan coupons
  - Ten 20RB loan coupons
  Cut out each coupon separately.
- Open the “Red Bucks” document. Print out one set of Red Bucks (b/w is fine):
  - Twenty-one 5RB bills
  - Thirty 1RB bills
  Cut out each RB separately.
- Open the game cards document. Print out one set of game cards in colour. Cut out each game card separately.
- Assemble all pieces into a bag or box. Label with healthy lifestyle game kit.
Tool 2.5 - Healthy lifestyle game

Player directions

The purpose of the game is to see the financial, physical, mental and emotional struggles that a person with their NCD faces.

The goal of the game is to reach the finish line successfully holding at least 1RB and no outstanding loan coupons.

If during the game, a player needs money to complete the activity on a card they draw, they can get a loan for the amount from the bank. For example, if a card states that they must pay 2RB but have no money, they simply take two “1RB” loan coupons from the bank and keep them in their hand.

Contents of game kit (for every four players):
- Player directions
- Colour game board
- Game die
  a. Set of “1st roll NCD cards”
  b. One set of colour loan coupons, including:
     - Ten 1RB loan coupons
     - Ten 5RB loan coupons
     - Ten 20RB loan coupons
     - Ten 20RB loan coupons
  c. Red Bucks:
     - Twenty-four 5RB bills
     - Thirty 1RB bills
  d. One set of colour game cards

The amounts of materials above are for four players per game.

You will need to find pawns to use in the game. These can be found locally such as stones, coloured paperclips, different coins, seashells, slips of paper or any other materials where you can differentiate between the players in each game. You will also need to make copies of the RB bills and loan coupons.
1. Open the board. The game board is made up of 35 spaces.
2. Each player chooses a pawn.
4. Each game card consists of four colour-coded lines of directions. Place the set of game cards next to the board.
5. The first roll determines each person’s NCD status for the full game:
   1. Cancer
   2. Cardiovascular disease
   3. Diabetes
   4. Chronic respiratory disease
   5. Low-risk individual without an NCD – a healthy individual!
   6. Roll again to get a diagnosis
6. No one moves their pawn in the first round. The oldest player rolls the dice first to determine their NCD diagnosis. The other players roll to determine their NCD diagnosis. The NCD that they “roll” is their NCD for the remainder of the game. Each person takes an NCD card with their diagnosis and places it face-up in front of them for the remainder of the game as a reminder to themselves and the rest of the group. If someone rolls a “6,” they should roll again until they receive a diagnosis. Each player should have a different diagnosis. If you roll “cancer” and another player has that diagnosis, roll again.
7. Explain that all players start at the start line. For the next round and all rounds afterwards, they roll the dice and move their pawn the same number of spaces as the number they roll. The number on the dice that is facing the player is the number that they have rolled. When it is their turn, they move their pawn the correct number of spaces, pick up a card and read only the line that corresponds to the NCD that is their “diagnosis.”
8. Players follow the directions on each card they pick up.
   a. If they must pay RBs, the money they pay goes into the bank.
   b. If they run out of money, they must collect loan coupons from the bank to pay their debt.
   c. If their card tells them to go back or forward, they should move their pawn but they may NOT draw another card. Play moves to the next player.
   d. All players advance towards the finish line. The only way they can get out of the game prematurely is if they pull a card that says that their NCD was fatal and killed their pawn. If they die, they should take over the bank duties for the remaining players.
9. When a player passes the picture of bills, they may collect 5 RBs from the bank. If they receive a card that instructs them to go back on the game board and they pass a picture of the bills, they must pay 6RB to the bank.
10. Continue play until the first player holding at least 1RB (NOT a loan coupon) crosses the finish line.
Tool 2.5 - Healthy lifestyle game

Red Bucks (1RB) If more RB are needed, copy this sheet as needed. Cut the Red Bucks out along the dotted line.
Tool 2.5 - Healthy lifestyle game

Red Bucks (5RB)

If more RB are needed, copy this sheet as needed.
Cut the Red Bucks out along the dotted line.
If more loan coupons are needed, copy this sheet as needed. Cut the loan coupons out along the dotted line.
Tool 2.5 - Healthy lifestyle game

Game die

Cut the shape out on the dotted lines to get one shape. Fold each square with a number inward so the die forms a cube with the numbers on the outside. Tape the edges to make a solid dice.
Tool 2.5 - Healthy lifestyle game

Cut the cards out on the dotted lines.

1st roll NCD cards

1 Cancer
2 Cardiovascular disease
3 Diabetes
4 Chronic lung disease
5 No NCD
CANCER: You must get chemotherapy once a week. Pay 15 RB.

CARDIOVASCULAR DISEASE: You go for a walk and you feel good. Go forward one space.

DIABETES: Your feet are tingling and you are scared. Pay 3 RB for the doctor visit.

CHRONIC RESPIRATORY DISEASE: You wake up unable to breathe. Pay 4 RB for transport and a doctor visit.

No NCD: Your obese sister was just diagnosed with diabetes. You show her how to prepare healthier meals. Go forward one space.

CANCER: You only had one small drink. Go ahead one space.

CARDIOVASCULAR DISEASE: You do not smoke a cigarette today. Go ahead one space.

DIABETES: You choose fruit over candy. Go ahead one space.

CHRONIC RESPIRATORY DISEASE: You wake up unable to breathe. Pay 4 RB for transport and a doctor visit.

No NCD: Your obese sister was just diagnosed with diabetes. You show her how to prepare healthier meals. Go forward one space.

CANCER: You only had one small drink. Go ahead one space.

CARDIOVASCULAR DISEASE: You go for a walk and you feel good. Go forward one space.

DIABETES: You choose fruit over candy. Go ahead one space.

CHRONIC RESPIRATORY DISEASE: You wake up unable to breathe. Pay 4 RB for transport and a doctor visit.

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CANCER: You only had one small drink. Go ahead one space.

CARDIOVASCULAR DISEASE: You do not smoke a cigarette today. Go ahead one space.

DIABETES: You choose fruit over candy. Go ahead one space.

CHRONIC RESPIRATORY DISEASE: You wake up unable to breathe. Pay 4 RB for transport and a doctor visit.

No NCD: Your obese sister was just diagnosed with diabetes. You show her how to prepare healthier meals. Go forward one space.
CANCER: You do not eat healthy foods because you are depressed about having cancer. Go back one space.

CARDIOVASCULAR DISEASE: Your doctor gives you a bunch of medicine you have to take. Pay 10RB for medicine and medical supplies.

DIABETES: You eat candy in bed when no one can see. Go back one space.

CHRONIC RESPIRATORY DISEASE: You learn that you also have throat cancer. Pay 5RB for the doctor visit. For the rest of the game, you will read and follow the instructions for both cancer and chronic respiratory disease.

No NCD: You got a perfect score on your assessment card. Go forward one space.

CANCER: You drank three beers with a friend. Go back one space.

CARDIOVASCULAR DISEASE: You smoked three cigarettes today. Go back two spaces.

DIABETES: You eat two candy bars. Go back one space.

CHRONIC RESPIRATORY DISEASE: You go for a clinical assessment. Go forward one space.

No NCD: You do not snore like your obese sister. Hug another player.

CANCER: You lose your job. Try to borrow 10RB from another player. If they do not agree, go back four spaces.

CARDIOVASCULAR DISEASE: You stopped smoking 1 week ago. Go forward two spaces.

DIABETES: You go to the Red Cross Red Crescent branch office for an assisted assessment. Go forward one space.

CHRONIC RESPIRATORY DISEASE: You have just been diagnosed with rheumatoid arthritis. Pay 4RB for a doctor visit.

No NCD: At the health clinic, your blood pressure is healthy. Get 1RB from the bank.

CANCER: You ate two candy bars. Pay 1RB.

CARDIOVASCULAR DISEASE: Your vision is blurred and you do not feel well. You have to go to the emergency room. Pay 8RB.

DIABETES: You go to the Red Cross Red Crescent support meeting. Go ahead one space.

CHRONIC RESPIRATORY DISEASE: Your children tell you that your cigarettes are killing you. You are scared and attend the Red Cross Red Crescent support meeting. Go ahead one space.

No NCD: Your mother just died of cancer. You are worried. You go for an assessment at your health clinic and are told you are at low risk because of your healthy lifestyle. Go forward two spaces.

CANCER: You must have surgery. Pay 15RB.

CARDIOVASCULAR DISEASE: A nurse must come and give you medicine in your arm once a week. Pay 15RB.

DIABETES: You eat a bag of sweets and your blood sugar spikes. Pay 5RB for the doctor visit.

CHRONIC RESPIRATORY DISEASE: Your teeth become yellow. Pay 2RB to the dentist.

CARDIOVASCULAR DISEASE: You need to see a dentist. Pay 2RB for the dentist.

DIABETES: You need more medicines. Pay 10RB.

CHRONIC RESPIRATORY DISEASE: Your family has a history of cardiovascular disease. You monitor your cholesterol and your weight and keep your health in check. Go forward one space.

No NCD: You have not missed a day of work in three years because of your good health. Your boss gives you a bonus of 10 RB from the bank.

CANCER: You need more medicines. Pay 10RB.

CARDIOVASCULAR DISEASE: Your doctor gives you a bunch of medicine you have to take. Pay 10RB for medicine and medical supplies.

DIABETES: You eat candy in bed when no one can see. Go back one space.

CHRONIC RESPIRATORY DISEASE: You do not eat healthy foods because you are depressed about having cancer. Go back one space.

No NCD: You got a perfect score on your assessment card. Go forward one space.

CANCER: You lose your job. Try to borrow 10RB from another player. If they do not agree, go back four spaces.

CARDIOVASCULAR DISEASE: You have a terrible headache all day. Miss a turn.

DIABETES: You go to the Red Cross Red Crescent branch office for an assisted assessment. Go forward one space.

CHRONIC RESPIRATORY DISEASE: You go to a pub just to smell the smoke. You do not smoke but your lungs are still damaged from the smoke. Go back one space.

No NCD: Your family has a history of cardiovascular disease. You monitor your cholesterol and your weight and keep your health in check. Go forward one space.

CANCER: You must have surgery. Pay 15RB.

CARDIOVASCULAR DISEASE: You go to the emergency room. Pay 8RB.

DIABETES: You eat candy in bed when no one can see. Go back one space.

CHRONIC RESPIRATORY DISEASE: You do not eat healthy foods because you are depressed about having cancer. Go back one space.

No NCD: You got a perfect score on your assessment card. Go forward one space.

CANCER: You lose your job. Try to borrow 10RB from another player. If they do not agree, go back four spaces.

CARDIOVASCULAR DISEASE: You have a terrible headache all day. Miss a turn.

DIABETES: You eat a bag of sweets and your blood sugar spikes. Pay 5RB for the doctor visit.

CHRONIC RESPIRATORY DISEASE: Your children tell you that your cigarettes are killing you. You are scared and attend the Red Cross Red Crescent support meeting. Go ahead one space.

No NCD: You have not missed a day of work in three years because of your good health. Your boss gives you a bonus of 10 RB from the bank.

CANCER: You must have surgery. Pay 15RB.

CARDIOVASCULAR DISEASE: A nurse must come and give you medicine in your arm once a week. Pay 15RB.

DIABETES: You eat candy in bed when no one can see. Go back one space.

CHRONIC RESPIRATORY DISEASE: You do not eat healthy foods because you are depressed about having cancer. Go back one space.

No NCD: You got a perfect score on your assessment card. Go forward one space.

CANCER: You lose your job. Try to borrow 10RB from another player. If they do not agree, go back four spaces.
CANCER: You feel weak but you have to work – you have so little money. Miss a turn.
CARDIOVASCULAR DISEASE: You need surgery. Pay 25RB.
DIABETES: You smoke after eating chocolate cake every night. You say that it makes you think more clearly. Go back two spaces.
CHRONIC RESPIRATORY DISEASE: You get bronchitis and must miss work. Pay 3RB for missing work and 5RB for the hospital visit.
No NCD: You only drink one small drink. Get 2RB for the money you saved.

CANCER: Your son is diagnosed with diabetes. You are depressed and forget to take your medication. Go back three spaces.
CARDIOVASCULAR DISEASE: You are depressed and smoke more than normal.
DIABETES: Your friend is diagnosed with cancer. You decide to get a clinical assessment. Go ahead two spaces.
CHRONIC RESPIRATORY DISEASE: Your sister is diagnosed with cardiovascular disease. You decide to get another assisted assessment. Go ahead one space.
No NCD: Your doctor tells you that you are in excellent health. Go forward one space.

CANCER: You recover from surgery. Pay 3RB for a missed day of work.
CARDIOVASCULAR DISEASE: You no longer drink more than one glass of beer after work. Go forward one space.
DIABETES: You need more insulin. Your son also needs money for school fees. You cannot afford both. If you choose the medicine, go back five spaces. If you choose the school fees, go back five spaces.
CHRONIC RESPIRATORY DISEASE: Your blood pressure is high because the tobacco makes your blood work harder. Pay 3RB for medicine.
No NCD: You take your sister to the clinic for her cholesterol test. She has high cholesterol. You get your cholesterol tested too and your levels are excellent. Go forward one space.

DIABETES: You run out of insulin at work and must leave work to get some more. Pay 2RB for missing work.
CHRONIC RESPIRATORY DISEASE: You buy cigarettes with a filter instead of unfiltered. Pay 2RB and miss a turn.
CARDIOVASCULAR DISEASE: Your spouse tells you that she has chronic respiratory disease from breathing your second-hand smoke. Go back two spaces.
DIABETES: You run out of insulin at work and must leave work to get some more. Pay 2RB for missing work.
CHRONIC RESPIRATORY DISEASE: You are so tired you sleep all day and miss your support meeting. Go back one space.
No NCD: Your body measurements are considered healthy. You look 10 years younger than your older sister. Go forward one space.

DIABETES: You are depressed all day. You miss your clinical assessment appointment. Go back two spaces.
CHRONIC RESPIRATORY DISEASE: You are so tired you sleep all day and miss your support meeting. Go back one space.
CARDIOVASCULAR DISEASE: You feel pain in your arm and chest. You call an ambulance. Pay 12RB for the ambulance and doctor visit.
DIABETES: You run out of your insulin. Pay 10RB for a week’s supply.
CHRONIC RESPIRATORY DISEASE: Your eyesight becomes blurred. Your doctor says you need an operation. Pay 15RB.
CANCER: You go for two walks every day for 15 minutes. You always feel better and sleep better afterwards. Go forward one space.
No NCD: Your spouse smokes and spends all the money you save. Tell your spouse how tobacco hurts your family physically and financially. Go forward one space.
CANCER: Your daughter stops smoking in the house. You breathe easier. Thank your daughter and move forward one space.

CARDIOVASCULAR DISEASE: You feel weak. Pay 3RB for a missed day of work.

DIABETES: You drink four glasses of alcohol every day because you think it does not have sugar (it does). Go back two spaces.

CHRONIC RESPIRATORY DISEASE: Your body stops. You die from respiratory disease. Remove your pawn from the game.

No NCD: Your children tell you that they prefer fruits over unhealthy snacks. Go forward two spaces.

CANCER: You feel terrible. You lie in bed all day and wish for better health. Go back one space.

CARDIOVASCULAR DISEASE: You cannot stop coughing - your boss sends you home. Pay 2RB for a missed day of work.

DIABETES: You miss work because you do not feel well. Pay 3RB for a missed day of work.

CHRONIC RESPIRATORY DISEASE: Your body stops. You die from respiratory disease. Pay 3RB for a missed day of work.

No NCD: You feel great today. Get 1RB.

CANCER: Your body stops. You die from cancer. Remove your pawn from the game.

CARDIOVASCULAR DISEASE: You eat a salad instead of a burger. Go forward one space.

DIABETES: You drink 2 litres of water and NO soda today. Go forward one space.

CHRONIC RESPIRATORY DISEASE: You need more medicine. Pay 2RB.

No NCD: You visit your brother who smokes heavily. You breathe in lots of his second hand smoke and you do not feel well. Lose 1RB.

CANCER: You chose fruit over candy. Go ahead one space.

CARDIOVASCULAR DISEASE: You eat five servings of fruits and vegetables today. You feel good. Go ahead one space.

DIABETES: You are having a difficult time focusing your eyes. Go back two spaces.

CHRONIC RESPIRATORY DISEASE: Your baby coughs every time you smoke in the same room. You have to take her to the doctor for medicine. Pay 4RB.

CANCER: Your husband tells you that you look old with all your wrinkles around your mouth and eyes even though you are only 30 years old. Go back one space.

No NCD: Your spouse tells you that you are beautiful. Get 1RB from the bank.

CANCER: You chose fruit over candy. Go ahead one space.

CARDIOVASCULAR DISEASE: You eat five servings of fruits and vegetables today. You feel good. Go ahead one space.

DIABETES: Your body stops. You die from diabetes. Remove your pawn from the game.

CHRONIC RESPIRATORY DISEASE: You need more medicine. Pay 2RB.

CARDIOVASCULAR DISEASE: You do not do exercise because you are afraid of a heart attack. Go back one space.

DIABETES: You go for a walk to the market to buy fresh vegetables. Go forward two spaces.

CHRONIC RESPIRATORY DISEASE: You eat carrots instead of smoking. You are sick of carrots but you have not smoked in 2 days. Go forward two spaces.

CANCER: Your body stops. You die from cancer. Remove your pawn from the game.

No NCD: You maintain a healthy body weight and do not eat too much sugar, fat or salt. You do not have to buy new larger clothes. Get 5RB from the bank.

CANCER: You drink too much because drinking makes you forget you have cancer. You get arrested for drunken driving. Pay 30RB.

CARDIOVASCULAR DISEASE: Pay 3RB for a missed day of work.

DIABETES: You drink four glasses of alcohol every day because you think it does not have sugar (it does). Go back two spaces.

CHRONIC RESPIRATORY DISEASE: You eat carrots instead of smoking. You are sick of carrots but you have not smoked in 2 days. Go forward two spaces.

CANCER: You drink too much because drinking makes you forget you have cancer. You get arrested for drunken driving. Pay 30RB.

No NCD: You have money in savings – enough to go on that vacation holiday you have always wanted. Go forward three spaces.

DIABETES: You drink two litres of water and NO soda today. Go forward one space.

CHRONIC RESPIRATORY DISEASE: Your baby coughs every time you smoke in the same room. You have to take her to the doctor for medicine. Pay 4RB.

CANCER: Your husband tells you that you look old with all your wrinkles around your mouth and eyes even though you are only 30 years old. Go back one space.

No NCD: Your spouse tells you that you are beautiful. Get 1RB from the bank.