




Syöpäjärjestöt

A close-up photograph of a young woman with blonde hair, smiling warmly. She is wearing a bright pink knit beanie, dark sunglasses, and a pink and white striped scarf. She is holding ski poles with white knit gloves. The background is a soft-focus snowy landscape with falling snowflakes.

Pyri liikkumaan
puoli tuntia,
mielellään tunti
päivässä, vaikka
lyhyissä jaksoissa




Suosi
erivärisiä
kasviksia



A top-down view of various whole grain products arranged on a dark, rustic wooden surface. On the left, there are several bowls and piles of grains: a bowl of green lentils, a bowl of brown lentils, a bowl of whole wheat berries, a bowl of rolled oats, a bowl of whole wheat berries, and a bowl of whole wheat berries. There are also several stalks of wheat, a small pile of whole wheat berries, a small pile of whole wheat berries, a small pile of whole wheat berries, and a small pile of whole wheat berries. In the bottom left corner, there are several slices of whole wheat bread. The text "Suosi täysviljatuotteita" is written in white on a purple circular background on the right side of the image.

Suosi
täysviljatuotteita



Jos tupakoit,
hae apua
lopettamiseen

A glass of vibrant pink smoothie sits on a rustic wooden table. The smoothie is speckled with small pieces of fruit. Surrounding the glass are fresh strawberries and raspberries, some with green leaves. The background is a soft, out-of-focus green, suggesting an outdoor setting. A red speech bubble is overlaid on the right side of the image, containing white text.

Vaihda
alkoholittomiin
juomiin



Nukutko
riittävästi?
Terveelliset
elintavat auttavat
unihäiriöissä



Nauti auringosta
turvallisesti
Suojaudu auringolta:
varjo, vaatteet,
voide

Luonnossa
liikkuminen piristää
mieltä ja kehoa

