Cigarette Smoking  HIV, AIDS, and STIs  Alcohol and Drug Abuse  Nasal and Lung Ailments and Tuberculosis  Good Nutrition and Exclusive Breastfeeding  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 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.