

TIPS FOR GOOD HEALTH



1. Make your Blood gush.
 Check your B.P. quarterly.
 Normal B.P.

120/80	mm of Hg
130/80	mm of Hg
130/84	mm of Hg
130/84	mm of Hg

Standard Weight

45 cms	55 kgs
43 cms	57 kgs
60 cms	60 kgs
68 cms	65 kgs
76 cms	72 kgs
81 cms	78 kgs

2. Vegetables in food can make life "Good"
3. Exercise eight minutes a day to fight aches away.
4. Blood Sugar Normal level.
 - Fasting sugar After meal sugar
 - Less than 110 mgs% Less than 140 mgs%
- After the age of 40 years check your Sugar once a year.
5. Lesser the "fried" food, lower is the cholesterol. Normal Cholesterol 140- 180 mgs%
6. Avoid tobacco in any form.
7. Health is Wealth to your Credit in the Bank Account.

MINIMUM BALANCE TO BE MAINTAINED IN SAVINGS BANK ACCOUNT

	With cheque facility	Without cheque facility	Charges for non-maintenance of minimum balance
Rural & Semi-Urban branches	Rs. 500/-	Rs. 100/-	Rs. 5/- p.m.
Other branches	Rs. 1000/-	Rs. 500/-	Rs. 10/- p.m.
Pensioners S.B. Account	Rs. 250/-	Rs. 5/-	As above



इण्डियन ओवरसीज बैंक
 Indian Overseas Bank

[3364]JALPURA HALDONI

MICR : 110020139 IFSC:IOBA0003364 TEL:-

eMAIL :

Account No : 336401000035460 Opened On : 19/09/2014

Scheme Cd : SB-BSBDA CustomerId : 37914723

Nomination : Available OperatedBy : Self Operated

RAHUL KUMAR SINGH

GALI NO-2, CHHALERA

SECTOR-44 NOIDA

GREATER NOIDA (CT) Tn GAUTAM BUDDHA NAGAR Tk.

GAUTAM BUDDHA NAGAR - 201303 UTTAR PRADESH

प्रबंधक Manager