

SNAKE AND LADDERS OF A HEALTHY AGEING

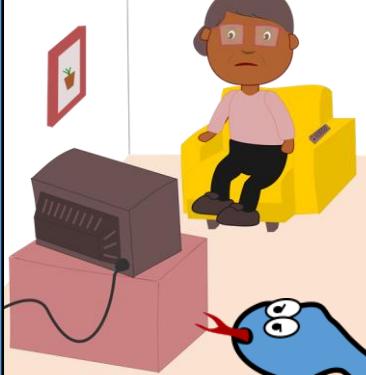
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22 Sleep good and do not stress too much

The habit of sleeping poorly reduces life expectancy, says the UK National Health Service. Chronic stress weakens the immune response, reduces the brain's ability to reorganize itself and might cause dementia.

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24 Do not leave them alone

Sedentary life and loneliness is linked to depression, low physical health, and worse healing of infections, cardiovascular and autoimmune diseases.

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26 Have fun together

Mental health plays a major role in aging and age-related diseases. For the elderly it is vital to spend time with family and friends! Talk with the elders, do activities, have fun together, laugh, and support each other.



Goal!

20 Spend time in nature

Summer sunshine is important to produce Vitamin D, which is usually lacking in elderly people. Vitamin D deficiency is related to cancer, cardiovascular diseases, and more. Make sure to enjoy the sunshine in a garden!

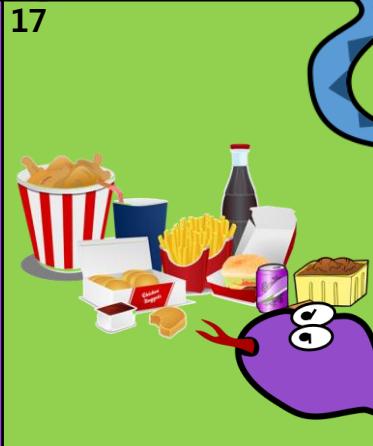
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18 Not too many snacks

Bad eating habits make your life shorter and of lower quality. As opposite, reducing slightly the calories you take (without being malnourished!) might make you live longer.

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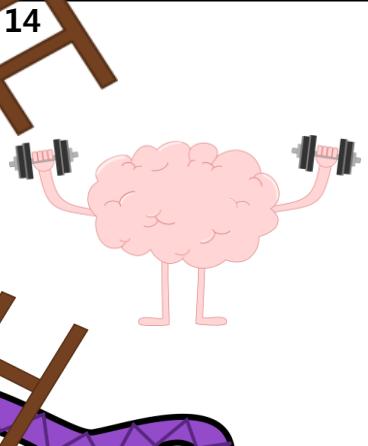
16 Do not stop dancing

The World Health Organization (WHO) recommends to exercise regularly both your mind and your body for improving life quality when you get older.

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8 Protein means more than meat

Proteins are essential for a healthy diet, they help to build and repair the muscles. However, food that is high in proteins can also be high in fats and salt. To stay healthy, eat protein from sources other than red meat. Eat proteins together with other nutrients - too much is not healthy!

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10 Smoking makes you weak

In the United States, 9704 women older than 65 participated in a muscle strength performance test. The study revealed that women who do not smoke were stronger and have a better balance.

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12 Keep an emotional balance

Emotions are a tool for responding to different situations like interacting with people, experiences and challenges. The emotional and immunological systems are connected. Hence, an equilibrated emotional life would help you to deal with many diseases.

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6 Keep learning

The more you learn, the more you will activate the area of the brain responsible for short-term memory, planning ability and cognitive flexibility. This specific area (called "dorsolateral prefrontal cortex") can bind with another part of the brain, the hippocampus, and strengthen your long-term memory.

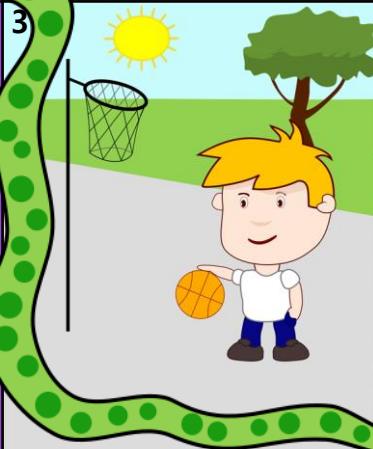
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4 Do sports

Exercise improves your short-term memory, also releases endorphins, which are natural fighters against anxiety and depression.

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2 Eat healthy

With a healthy diet, rich in vegetables, legumes, fruits, nuts, blue fish, "good" fats as Omega3 and Omega6, and low "bad" fats as cholesterol and triglycerides, you will live longer and have a higher life quality.

1



Start



IM FOR FUTURE

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