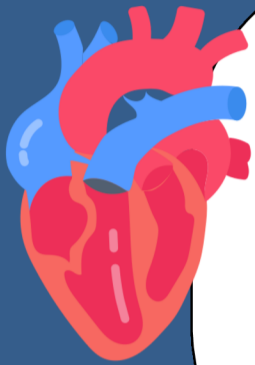
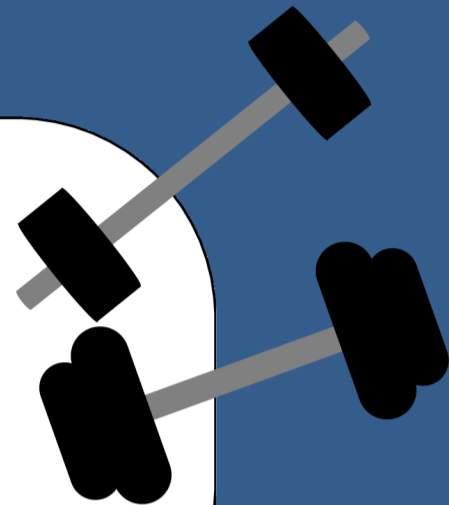


# HEALTHY AGING STRATEGIES



## Stay Physically Active

- Regular movement improves heart health, mobility, and independence.
- Aim for at least 150 minutes of physical activity each week.



## Eat a Balanced Diet

- A healthy diet includes fruits, vegetables, whole grains, and protein.
- Good nutrition supports energy and immune health.



## Stay Socially Connected

- Regular contact with family, friends, and community groups helps reduce loneliness.
- Social connection supports mental health.

