

DIET AND EXERCISE:

SELF-CARE CHART-HOW TO PRESERVE AND MAINTAIN YOUR BODY

| BODY PART/SYSTEM | DIET & NUTRIENTS | EXERCISE | SLEEP/REST |
|--|--|---|--|
| 1. MUSCLE HEALTH (Prevent Sarcopenia - age-related muscle loss) | Protein-rich foods, healthy fats | Strength/resistance training | Deep sleep promotes growth hormone production |
| 2. BONE HEALTH | Calcium, Vitamin D, Collagen | Weight-bearing/resistance exercises | Recovery time is critical |
| 3. SKIN HEALTH Skin (Pores, Hydration) | Collagen, Vitamins C & D, 2 quarts of water/day | Light cardio to improve circulation | Skin rejuvenation occurs during sleep |
| 4. INTERNAL ORGANS HEALTH | High-fiber whole foods, low sodium/sugar/fat | Moderate aerobic movement | Essential for organ repair |
| 5. BRAIN (CELLS) HEATH | Omega-3, antioxidants Whole grains, berries, dark chocolate | Brain games, mindfulness Set New Goals Learn new skills | Enhances memory and clarity Sleep consolidates memory |
| 6. CARDIOVASCULAR HEATH (Heart/Blood Vessels) | Low cholesterol/fat, high fiber | Walking, dancing | Lowers blood pressure |
| 7. KIDNEYS & BLADDER | Water, reduce sodium & caffeine | Stay active to prevent retention | Flushes toxins |
| 8. LIVER & GI SYSTEM | Leafy greens, probiotics | Core movement, avoid toxins | Digestive reset overnight |