

# Tips for Healthy Ageing



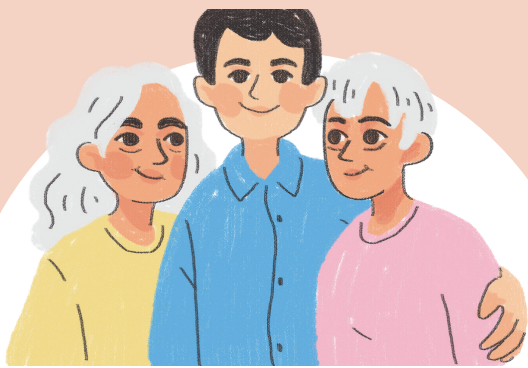
Follow a well balanced diet rich in fruits, vegetables and healthy fats



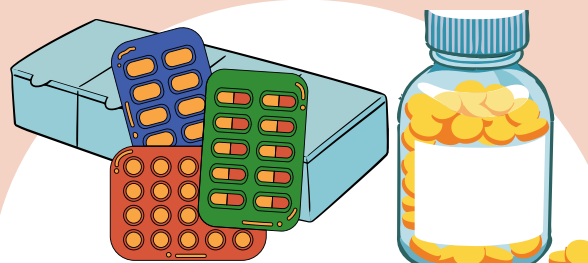
Engage in physical activity such as walking or gentle exercise



Schedule regular health check-ups and screenings



Maintain strong connections with friends and family



Take medications as prescribed. Organize medicines in a pill box