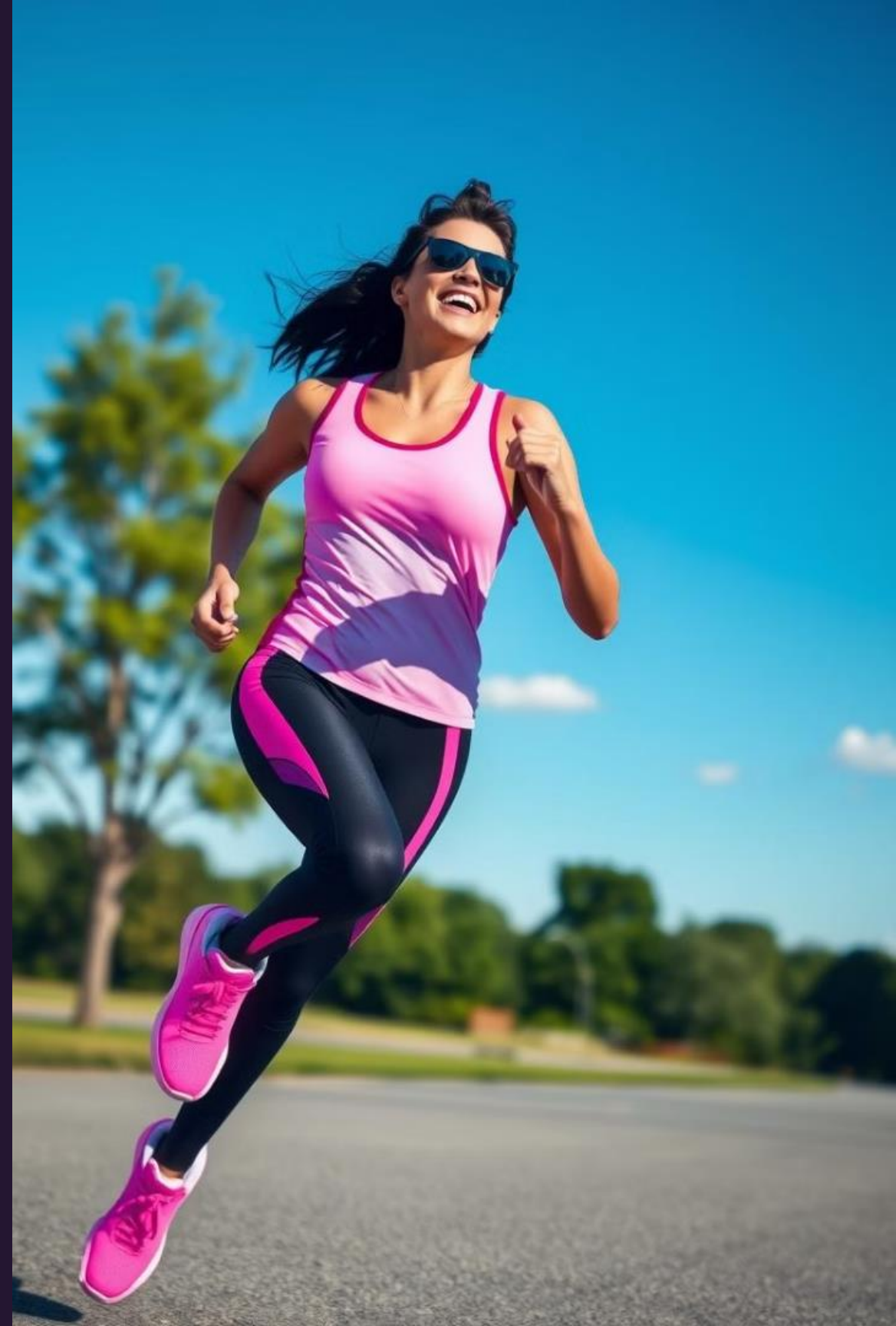


Long-Term Physical Health



Importance of Preventive Care

1 Regular Checkups

Early detection and prevention

3 Screenings

Identify health risks

2 Vaccinations

Protect against serious illnesses

4 Healthy Habits

Prevent future health problems



Maintaining a Balanced Diet

Fruits and Vegetables

Rich in vitamins, minerals, and fiber

Lean Proteins

Important for muscle building and repair

Whole Grains

Provide sustained energy and fiber



Regular Exercise and Activity

1

Cardio

Improves heart health
Increases stamina in older age

2

Strength Training

Builds muscle mass

3

Flexibility

Increases range of motion
Less pain in joints and tendons





Healthy Sleep Routine

1

Consistent Sleep Schedule

Regular bedtime and wake-up time

2

Relaxing Bedtime Routine

Warm bath, reading, or meditation

3

Comfortable Sleep Environment

Dark, quiet, and cool room



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.