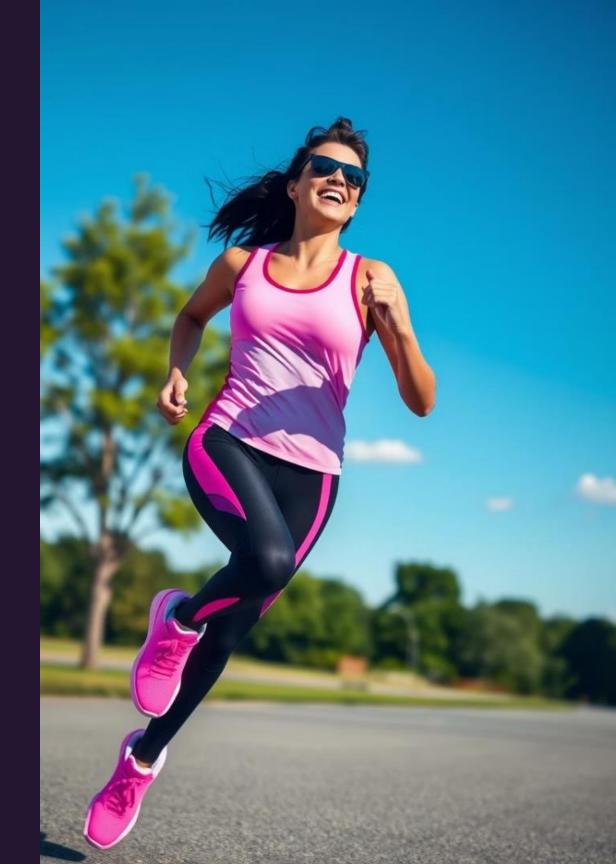
Long-Term Physical Health



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

Cardio

1

Improves heart health
Increases stamina in older age

2

Strength Training

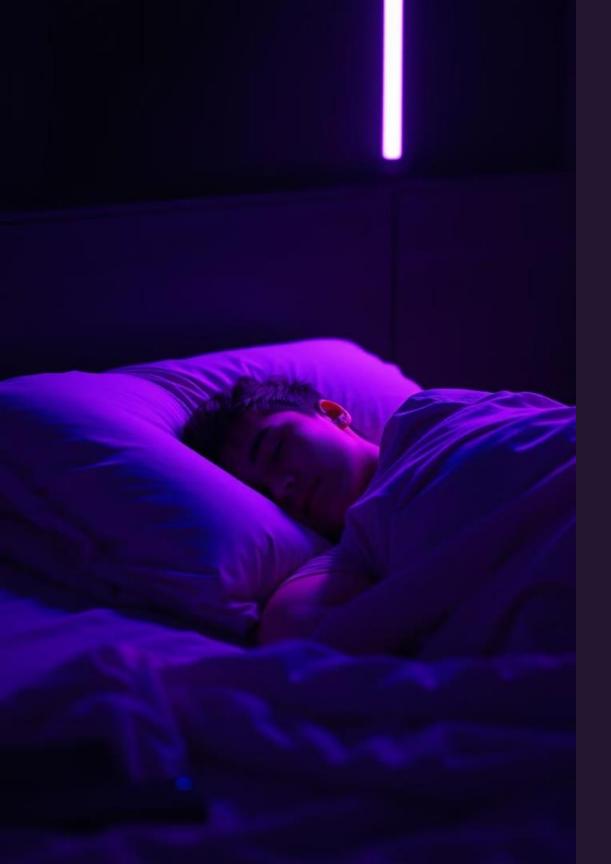
Builds muscle mass

3

Flexibility

Increases range of motion
Less pain in joints and tendons





Healthy Sleep Routine

Consistent Sleep Schedule Regular bedtime and wake-up time Relaxing Bedtime Routine Warm bath, reading, or meditation Comfortable Sleep Environment

Dark, quiet, and cool room



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