

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



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