ANTI-AGING LIFESTYLE PYRAMID



FIRST & FOREMOST



Hili





HEALTHY DIET

INSERM scientists reveal eating a healthy diet reduces the odds of aging-related chronic diseases, physical impairment, & mental & cognitive issues. Healthy agers were found to consume a diet following the Mediterranean (abundant in fruits vegetables) or DASH (low-salt) guidelines



EMBRACE CHALLENGE









TAKE CHARGE



RELATIONSHIP



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