

# Change your **LIFESTYLE HABITS** and live longer and better

Did you  
know  
that...?

A **HEALTHY LIFESTYLE** can add years onto your life:

**MEN**  
up to **12.2**  
YEARS OF LIFE



**WOMEN**  
up to **14.1**  
YEARS OF LIFE

If you stick to any of these points...



**BMI**  
BODY MASS  
INDEX BETWEEN  
18.5-24.9



**HEALTHY  
DIET**



**NO  
SMOKING**



**>30' A DAY  
PHYSICAL  
ACTIVITY**



**LOW  
ALCOHOL  
CONSUMPTION**

...you could add the following years to your life:

