



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

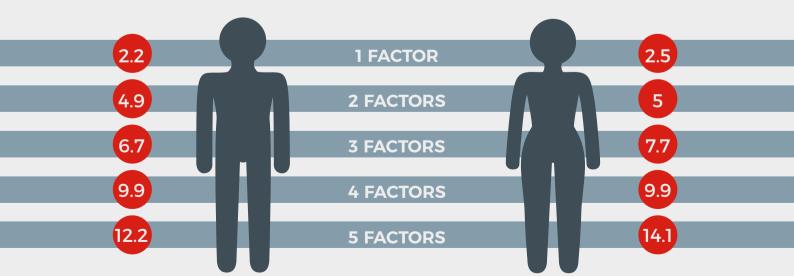


>30' A DAY
PHYSICAL
ACTIVITY



LOW
ALCOHOL
CONSUMPTION

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



Source: Yanping Li, et al. Impact of Healthy Lifestyle Factors on Life Expectancies in the US Population . Circulation 2018; 138: 345-355