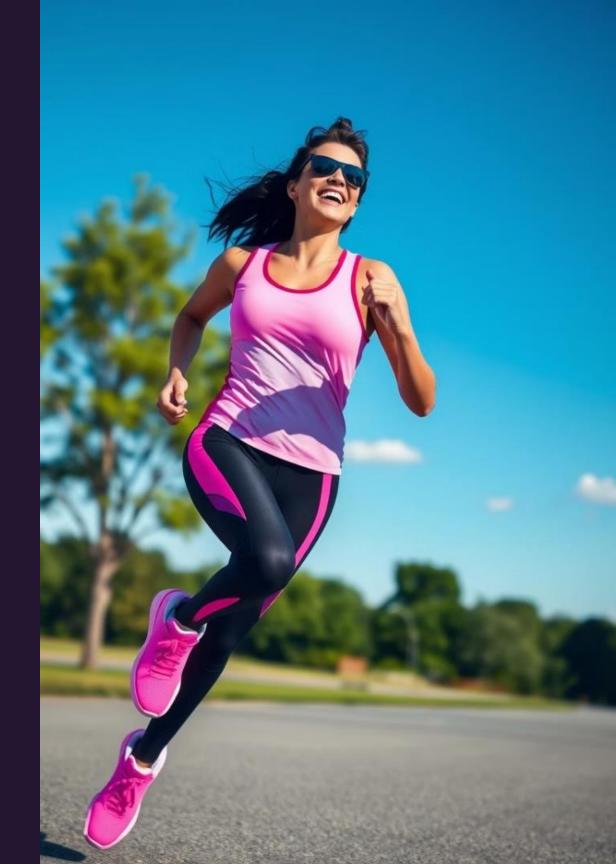
# Long-Term Physical Health



## Importance of Preventive Care

- 1 Regular Checkups

  Early detection and prevention
- 3 Screenings
  Identify health risks

- 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

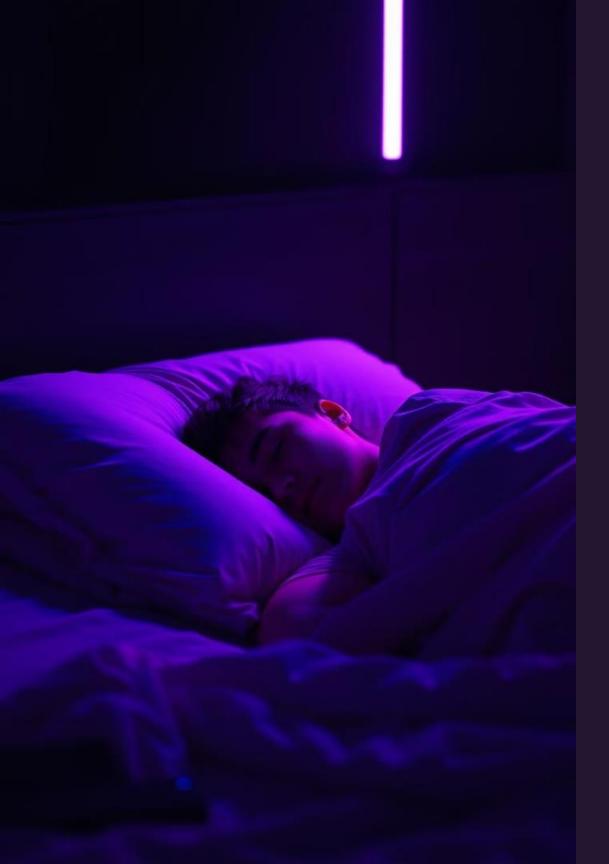
Builds muscle mass

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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