



## DO NOW, BENEFIT LATER

It's never too early to prepare your body for the future. There are several simple things you can do now that will benefit you later on in life. By adapting your lifestyle to incorporate the tips listed below, you will be setting yourself up for a healthy, youthful life.

- If you wish to live long, don't smoke. It is as simple as that. Smoking makes you age faster and increases your risk of developing cancer.
- Exercise regularly to keep your body healthy and fit.
- Eat healthy. Maintaining a healthy diet will benefit you down the road and can help you control your weight.
- Apply SPF daily to avoid premature wrinkles and skin cancer.
- Use a gentle moisturizer every day to keep your skin looking healthy and young.
- Don't stress. Stress takes a toll on your body and can accelerate aging.
- Get plenty of rest. Sleep allows your body to repair and rejuvenate after a long day.

*DON'T FORGET TO STRETCH!*