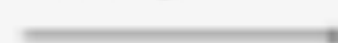


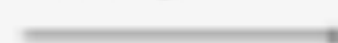
# 5 Keys to a Longer Life

Swipe



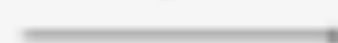
Eat a healthy diet

Swipe



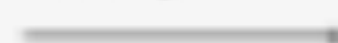
Stay physically active

Swipe



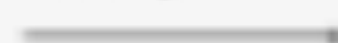
Maintain a healthy weight

Swipe



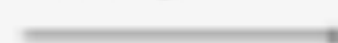
Don't smoke

Swipe



Limit alcohol consumption

Swipe



The key to a longer and healthier life is to maintain a healthy lifestyle, which includes eating a healthy diet, staying physically active, maintaining a healthy weight, not smoking, and limiting alcohol consumption.

