# Kratin Assessment

How can you help Sunita Sharma (65+ years old) to live a healthier and better life?

**𝐒𝐨𝐥𝐮𝐭𝐢𝐨𝐧** I can provide some general suggestions to help Sunita Sharma live a healthier and better life. However, it's essential to keep in mind that Sunita's specific health needs and medical history may require personalized advice from a qualified healthcare professional.

**Here are some suggestions**

1. Measure And Watch Your Weight:- Keeping your weight in the normal range is an important part of being healthy. As in older stage of life elevated body mass index can increase the likelihood of developing health problems.
2. Exercise Regularly: - Regular physical activity can help improve Sunita's overall health, increase strength and flexibility, and reduce the risk of chronic diseases. Encourage her to start with light exercises such as walking, stretching, or yoga.
3. Stay Hydrated: - Staying hydrated is essential for overall health and wellbeing. Encourage Sunita to drink plenty of water throughout the day and limit sugary or caffeinated drinks.
4. Limit Unhealthy Food And Eat Healthy Food:- Stay away from the items that have sugar added, excess sodium and fat. plan ahead and prepare healthy food at home .
5. Regular Check-ups:- Sunita should regularly visit her doctor for routine check-ups and screenings to maintain her health and detect any potential health issues early.
6. Make Medicine Reminder:- medicine reminder is just telling your loved one that it is a time to take a pill or a spoonful of medicine.