

Staying Young

- ✓ Laugh and have fun. Don't be gloomy.
- ✓ Let bygones be bygones.
- ✓ Early to bed, Early to rise, is healthy and wise.
- ✓ Stay lean. Being just 30% overweight is bad.
- ✓ Keep working, doing something you like.
- ✓ Be the boss of your own life.
- ✓ Too much medicine ruins your body.
- ✓ Exercise and eat less fatty foods.