



**ABSOLUTE
LIVING** Thailand

It's never too late to make healthier lifestyle choices

Always Do Little Exercise: You might be surprised to learn that keeping your heart healthy doesn't really take a lot of time. You can start with as little as 10 minutes a day. Small changes, such as standing up and moving more, can make a big difference. One of the most important keys is learning to enjoy life."

Eating Healthy Food: Eating a variety of healthy foods : Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.

Be Active: Physical activity in your daily routine: Be as Active as Possible Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

Healthy sleep: Sleep allows our body to rest and to restore its energy levels. Without enough restful sleep, not only can we become grumpy and irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life. Seniors need about the same amount of sleep as younger adults -- seven to nine hours of sleep per night.

