



**HEALTH
IS
ABOVE
WEALTH**





HOW WELL WE AGE IS BASICALLY UP TO US!!!!!!!!!!!!!!!!!!!!!! SECRETS OF LONGEVITY



SUPER CENTENARIANS (PEOPLE WHO LIVE TO OR BEYOND THE AGE OF 100 YEARS).



**Jeanne Louise Calment (21
February 1875 – 4 August 1997,
died at the age of 122)**



**Tane Ikai (January 18, 1879 – July 12,
1995, died at the age of 116)**

An elderly woman with a weathered face, wearing a blue jacket and a light blue hat, is kneeling on a green lawn. She is holding a piece of green seaweed in her hands, which are covered in the same seaweed. The background shows a blue sky with some clouds and a body of water in the distance.

The Secrets of

Long Life

- Residents of Okinawa,
- have the highest population of centenarians.

THE SECRET OF LONGEVITY IS REVEALED IN JAPAN



THE SECRET OF NUTRITION

AN APPLE A
DAY KEEPS
THE DOCTOR
AWAY



**INCREASE A LIFESPAN!
EAT
HEALTHY FOOD!**



INCREASE A LIFESPAN! EAT HEALTHY FOOD!



**This product supplies
the vitamin that ...
./Consuming this
product leads to
longevity as it provides
us with the vitamin
which**

OBESITY

FAST FOOD SHORTENS OUR LIFE





2. Why do people become easily addicted to junk food nowadays?



3. WHAT HARMFUL SUBSTANCES IS JUNK FOOD PACKED WITH?



4. WHY IS JUNK FOOD SO DANGEROUS FOR OUR HEALTH?



5. Why is junk food more harmful for teenagers and kids?



6. WHAT IS THE BEST ADVICE FOR THOSE WHO CAN'T LIVE WITHOUT JUNK FOOD?



7. WHY DOES JUNK FOOD DECREASE OUR LIFESPAN?



EXERCISE REGULARLY



EARLY TO BED, **EARLY**
TO RISE **MAKES A MAN**
HEALTHY, WEALTHY
AND WISE

LAUGH
AND SMILE





- ◎ THE MORE HEALTHY HABITS YOU WILL FORM,
- ◎ THE LONGER YOU WILL LIVE