



**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 grassy field. She is holding a piece of green seaweed in her hands, which are wrinkled with age. The background shows a blue sky with some clouds and a body of water in the distance.

The Secrets of

○ Residents of Okinawa,  
Long Life  
○ 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



# 1. Give your definition of junk food



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



# 3. WHAT HARMFUL SUBSTANCES IS JUNK FOOD PACKED WITH?



PROACTOL HELPS MAKE UP TO  
**27.4% OF YOUR FAT  
INDIGESTIBLE!**

**FIND OUT MORE**

# 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