Good nutrition throughout life ensures healthy ageing

- Healthy ageing begins in the womb
- Good health of a mother depends on her health in infancy, childhood and adolescence. Ensure good nutrition and education of young and adolescent girls. Educating girls deters early marriage and pregnancy
- Healthy behaviour at a young age leads to a healthy old age
- Investing in health throughout life produces rich benefits for society

Create age-friendly environments that foster the health and participation of older people

- Strong bonding between generations leads to healthy ageing
- Inclusion of older family members in family matters leads to healthy ageing
- Grandparents are the foundation of a family, treat them with care and love

Community-based care for the elderly helps promote health, prevent disease and manage chronic illnesses

Reinvent Ageing

- No matter what your age, weight, health problems or abilities, do some form of physical activity every day

Good health adds life to years