



Staying healthy at any age



Staying young has nothing to do with outward appearance, wrinkles or grey hair. Staying young is in the mind, it's about staying in the best possible shape for as long as possible.

In other words, we have the choice between **SURVIVING** by treating our various diseases or **LIVING** to the fullest and dying fit as late as possible.

If you choose the latter, here are some tips that revolve around 4 keywords:

- **posture**
- **silhouette**
- **attitude**
- **maintenance**

Posture

Maintaining a straight spine, strong and flexible muscles and mobile joints will have a positive effect on muscle contractures and reduce pain. It will also have a positive effect on your digestion, which will be activated and put an end to any constipation. The breathing volume will be increased and your physical condition will benefit. And finally, your psyche will be stimulated, which will help you to better deal with daily stress.



www.astf.lu

Silhouette

Maintaining a slim silhouette by eating healthily will reduce your cardiovascular risk, preventing heart attacks and strokes. Eating correctly by reducing sugar and animal fats will also boost your vitality by contributing to the proper functioning of your organs. But eating fruit and vegetables will also help your intestinal flora, which is largely responsible for good immunity.

Attitude

Taking care of yourself to better take care of others should be the motto of all of us. Recharge your batteries in your free time, have a passion, hobbies, decelerate and above all be grateful for all the good things you have in your life. Too often we focus on the negative and forget the gifts that life gives us. Turn to the sun and you will not see the shadow.

Maintenance

Re-learn to listen to your body and take care of it. We only have one health and it's a matter of preserving it for a lifetime. So go for regular health check-ups, cancer screening, colonoscopy, dentist, optician, dermatologist etc. And remember to get vaccinated too!

Salutogenesis

In conclusion, practice salutogenesis, i.e. maintain your health rather than treating your diseases. Maintain a serene attitude in a beautiful, upright figure and you can say goodbye to all the waiting rooms.

