Small habits, better life!

Simple steps for a healthy life at every age!

Everyday movement

Movement gives us strength, helps our balance, and lifts our mood.
We walk, dance, or do gentle exercise.

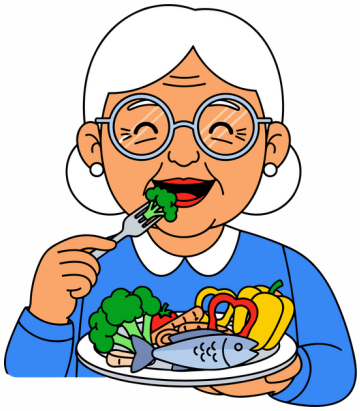




We avoid sitting for long periods without a break.
We choose activities that suit our abilities.
Every step counts!

Balanced diet

A healthy diet gives us energy and helps our body work better.
We choose a variety of fruits, vegetables, legumes, and grains.
We eat protein-rich foods such as fish, eggs, and dairy products.
We make sure to drink enough water throughout the day, according to our needs.





We take care of our minds

Our mind stays active when we keep it engaged.
We read, do crossword puzzles, or play memory games.
We take part in activities we enjoy.
We learn new things and try new hobbies.
We look after our sleep and rest.
Curiosity has no age limit!

We stay close to our people

Communication and companionship contribute to our mental well-being.
We spend time with friends and family.
We take part in group and social activities.

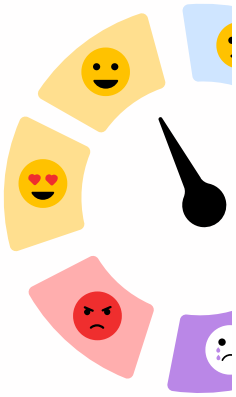




We share thoughts, experiences, and special moments.
Good company is good for us!

Prevention is care

Staying informed and having regular check-ups help us take care of our health.
We have the preventive screenings our doctor recommends.
We monitor our blood pressure and other important health indicators when needed.
We avoid smoking and adopt healthy daily habits.
We talk to healthcare professionals about vaccinations, medications, and any changes in our health.
We take care of our health, not only when something worries us.



One small change, starting today

We don't need to change everything at once. We can start with one small habit!

This week, I will try to...

✓ Move a little more.
✓ Drink water more regularly.
✓ Eat more fruits and vegetables.
✓ Spend time on something I love.
✓ Get in touch with someone I care about.
✓ Make sure to have a preventive check-up, if needed.

We don't need to change everything. It's enough to start with something small.

Science helps us understand our health. Our everyday choices help us take care of it.
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An educational initiative to promote health and well-being.


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