

# TAKING CONTROL

Healthy aging involves addressing modifiable risk factors.



## DIET

Choose healthy foods that make up a balanced diet.

## QUIT SMOKING

Smoking has many harmful effects on the body and its operations.



## EXERCISE

Aim to engage in 150 minutes of physical activity each week.

## MEDICATION

Speak to a pharmacist about medication for vascular protection.



## VACCINATION

Protect yourself against preventable diseases with vaccinations.

