

LIVE
LONGER



5 GOOD habits to adopt

1 Exercise regularly

2 Eat healthily

3 Don't smoke

4 Watch your weight

5 Limit alcohol



**Life expectancy
increases**

+ 14 years for women

+ 12 years for men

Compared to individuals who do not practise
these good habits

Study examining 42,000 deaths over a 34-year period (1980-2014) conducted by a team of American researchers and published in 2018 in the American Heart Association's journal Circulation



**Agir pour
le Cœur
des Femmes**

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

