



# 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*

