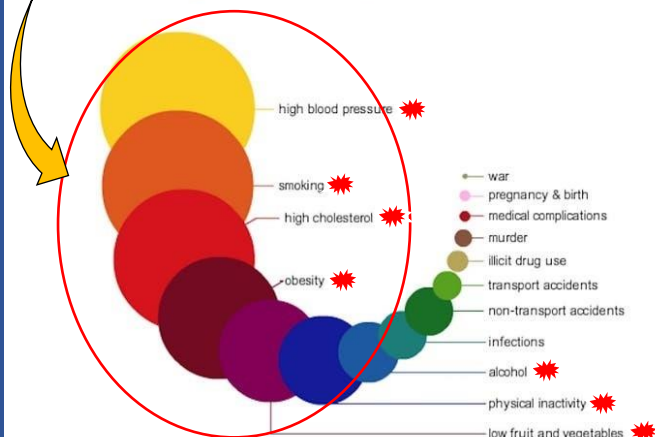


Senior citizen?

Change the narrative – take ownership of your health

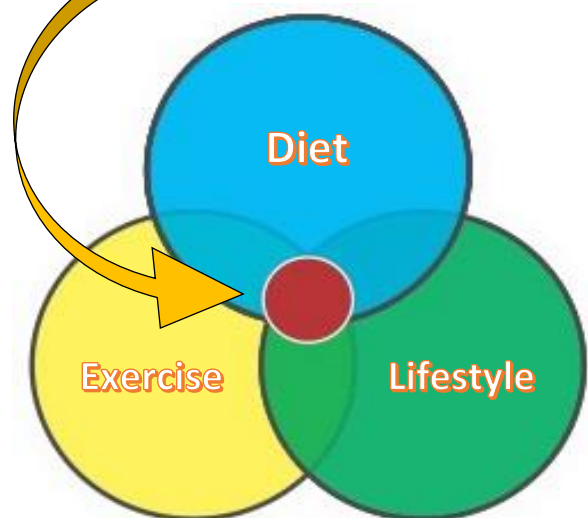
The Challenge

Risks leading to death in perspective



NHS
Digital

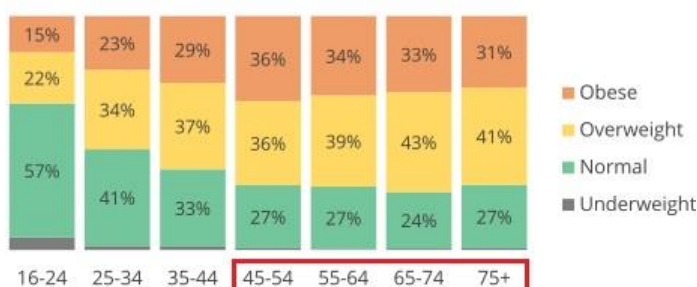
The Solution



@theinvictusway

★ Risks you could manage by simply following a healthier way of life

BMI category by age in England House of Commons Library 2019



Health risks of being overweight or obese

- body defence mechanisms are weakened
- multiple chronic conditions can be triggered
- poor wellbeing and Quality of Life outcomes
- depression and anxiety disorders
- poor mobility and loss of independence
- lower self-esteem and poor social networks
- premature aging and reliance on medication

The benefits of a healthy lifestyle

- regular exercise and physical activity
- balanced and nutritious eating habits
- restful sleep patterns raising energy levels
- improved self-esteem and wellbeing
- body metabolism managed optimally

The risks of an unhealthy lifestyle

- reduces Quality of Life expectations
- obesity, leading to HBP and T2 diabetes
- joint problems and lower back issues
- CHD, stroke and deep vein thrombosis
- respiratory problems and some cancers

Metabolic healthyour **MOST** precious asset