

# Top Tips for ageing healthily.

---

1. Watch what you eat and drink - a balanced diet is essential for good health, energy and preventing illness.
2. Look after your teeth - brush your teeth twice a day, floss daily and have regular check-ups.
3. Give up smoking - smoking is not only dangerous for your health, it causes premature skin ageing and increases the risk of eye damage and poor gum health.
4. Sort out your sleep - a good night's sleep allows your body to rest, repair and re-energise.
5. Look after your eyes - an eye test is a vital check on the health of your eyes and can pick up eye diseases such as glaucoma and health problems like diabetes.
6. Cut down on alcohol - alcohol can increase your risk of 7 types of cancer.