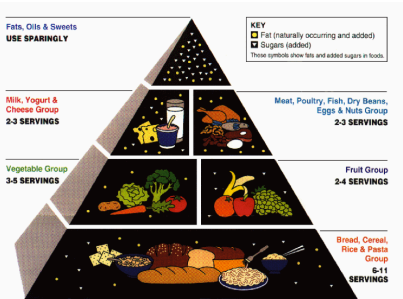


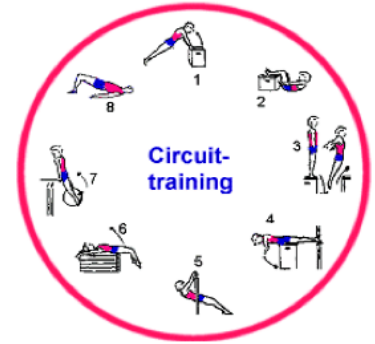
Summary



Healthy Ageing

Nutrition switch

Sport



Less Sugar

Calory restriction

Endurance training

Strength training

