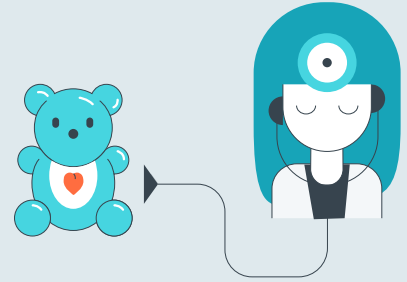


10 LONGEVITY TIPS FOR KIDS



1 DON'T SMOKE
Instill in your kids the knowledge that smoking or doing drugs is dangerous



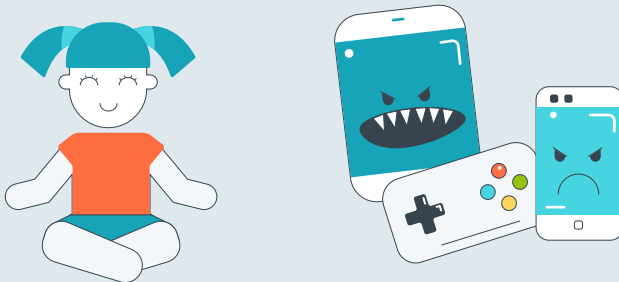
2 DRINK WATER
Avoid sugary drinks to set a good example to your kids and teach them to drink more water

3 BEFRIEND A DOCTOR
Take your kids to a family doctor on a regular basis for check-ups



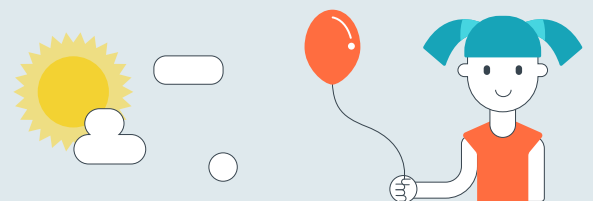
4 LEARN TO COOK HEALTHY
Feed your kids plant-based meals and organic meat and poultry. Teach them to cook their own food and why homemade meals are healthier than fast and processed foods

5 MOVE DAILY
Accustom your kids to regular physical activity, teach them different types of exercises: yoga, cardio and resistance training. Bond with your kids on daily walks and regular hikes

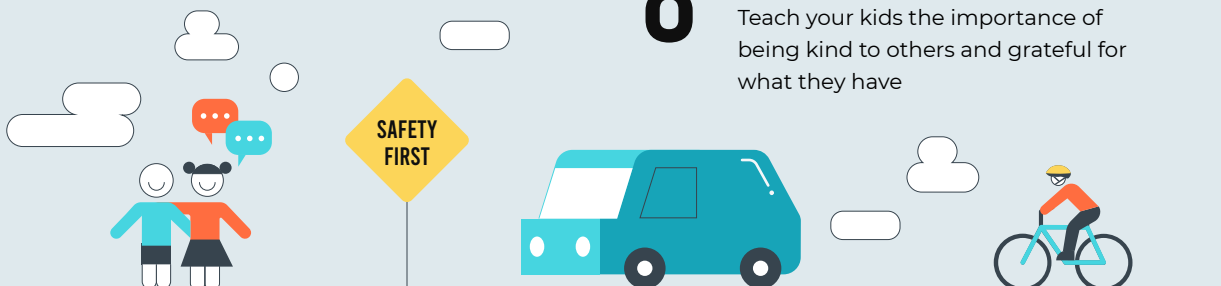


6 LIMIT USE OF GADGETS
Limit entertainment use of technological gadgets to 20 min per day. Encourage kids to read paper books

7 MEDITATE
Introduce your kids to meditation techniques and encourage them to get into the habit of doing it every day. Start with a simple breathing meditation



8 BE KIND AND GRATEFUL
Teach your kids the importance of being kind to others and grateful for what they have



9 BE SOCIAL
Help your kids to discover the value of friendship and community support

10 STAY SAFE
Explain to your kids the importance of making good choices regarding general safety: responsible driving, hygiene, social distancing when needed. And no extreme sports, please :)