



CoachCharlotte

Supporting women working within and working out

www.coachcharlotte.com

415.596.6535

4 "Must Do" Habits 4 A Longer Life

Research has shown that healthy middle aged men and women lived as much as 14 years longer when they engaged in all four of these healthy lifestyle behaviors.

Never Smoke

Drink Alcohol In Moderation

Do Physical Activity

Fill Up On Fruits and Vegetables