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Growing older is a natural process. Genetics, environment, and way of life are just a few of the many factors that affect how we age. We can influence some of these factors, but not all of them. It's crucial to concentrate on the things we can manage if we want to age better [1].

The ageing process is influenced by lifestyle decisions that we make, such as how much we exercise, what we eat, and whether we use smoke or alcohol. Regular exercise and a good eating regimen can increase energy, aid in weight management, lower the chance of developing chronic diseases, or help manage existing conditions. In this post,

References