

# The 3 x 3 Healthy Ageing Challenge

Challenger's name:

**Start your healthy ageing journey today by taking the 3 x 3 challenge.**

























































































































By eating three healthy meals, engaging in physical activity and socialising every day you'll keep your mind and body strong.

Tick the challenger's calendar opposite when you have met the daily goals.

Want to double the enjoyment? Invite a friend to take the challenge with you.



**APRIL FALLS MONTH.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<b>April 2024</b>			
				For group exercise visit			<a href="http://www.activeandhealthy.nsw.gov.au">www.activeandhealthy.nsw.gov.au</a>