

The 3 x 3 Healthy Ageing Challenge

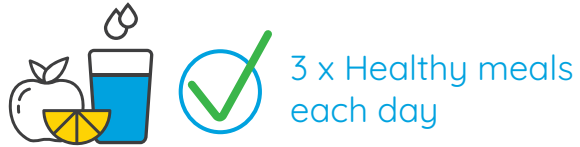
Challenger's name: _____

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.



 **Spring into Action**

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For group exercise visit
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