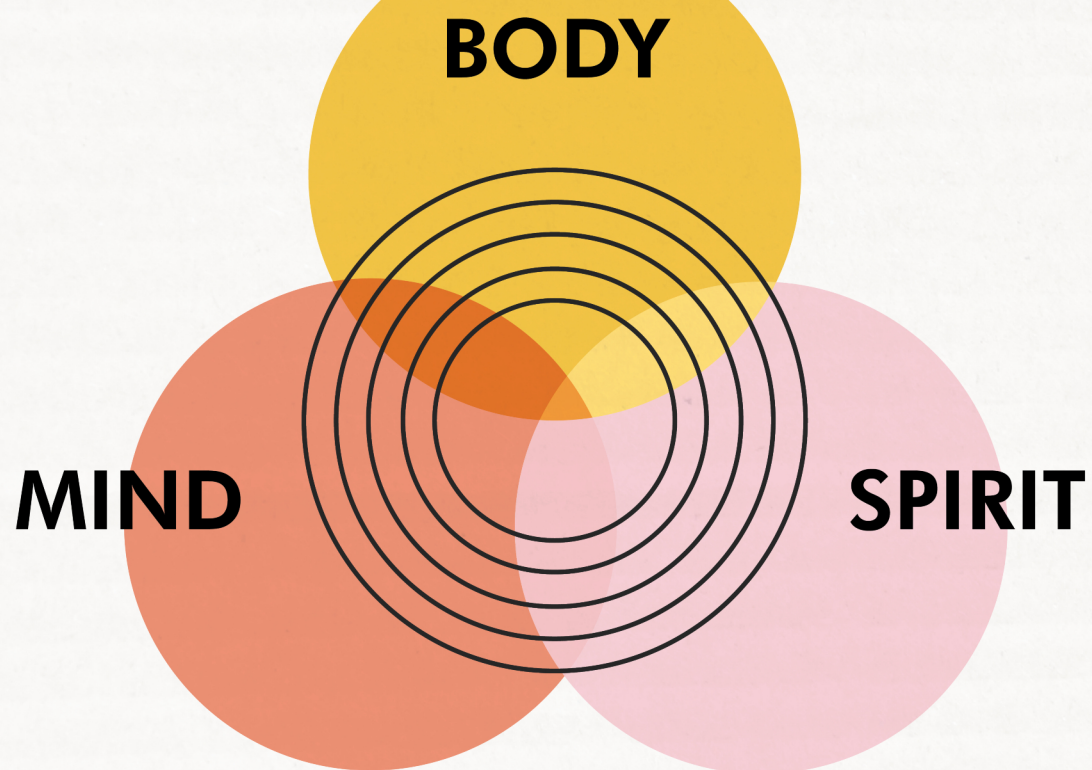


HEALTHY AGING PRACTICES



HEALTHY BODY

- Healthy Diet
- Keep Active through exercise and sports



MIND STIMULATIONS

- Learning new things
- Keeping minds active through game playing

HAPPY SOULS

- Companionship
- Family and friendship ties
- Religion and spiritual support

BALANCE

- Satisfaction in achievement
- Combining two dimensions in one
- Giving and receiving



MORE: Dorothy Yen, Geraldine Cohen, Liyuan Wei, Yousra Asaad | Towards a framework of healthy aging practices | Journal of Business Research 2022