

do you want to be 14 yrs younger?

- ✧ **20,224 UK adults**
- ✧ **aged 45 to 79**
- ✧ **no initial cancer/CHD**
- ✧ **health behaviours rated**
 - **not smoking**
 - **physically active**
 - **at least 5 fruit & veg daily**
 - **1-14 alcohol units weekly**

