

To *Live Life Well* is to take positive steps to maximise your chance of living a long and healthy life.

**Tip 1**

**Eat two serves of fruit and five serves of vegetables every day**

- Fruit and vegetables reduce your risk of developing a range of serious conditions like high cholesterol, blood pressure and even cancer. They also provide the nutrients you need to protect you from the ageing process.
- For good health adults need to eat at least two serves of fruit and five serves of vegetables each day.
- Check out the website for more healthy tips and take the health assessment challenge.