

Healthy After 20

Simple habits for a stronger, happier, more fulfilling life.

Your 20s are a once-in-a-lifetime decade. It's the time to build reserve, habits and direction – for the life you want, not just the next few years, but for decades to come.

Small choices today create a stronger, happier you tomorrow.

More than a fitter you – a fuller life.

Same 20s. A Healthier Happier Brighter You.

Good habits. Brighter days. Bigger possibilities.



Move Your Body

Find a movement you enjoy – walking, running, yoga, sports or dancing. It keeps you fit, boosts mood, sharpens focus and gives you more energy for everything you want to do.

A stronger body gives you a freer life.



Eat Real Food

Choose simple, wholesome Indian food – more vegetables, fruits, whole grains, legumes and nuts. It fuels your body, improves your mood and helps prevent lifestyle diseases later in life.

Real food fuels real ambitions.



Sleep Well

Aim for 7–8 hours of quality sleep. Good sleep helps you learn better, handle stress, keeps your weight in check and supports your mental health.



Better sleep. Brighter tomorrows.



Protect Your Mind

Your mental health matters. Take breaks, spend time in nature, limit doomscrolling and be kind to yourself. It's okay to ask for help when you need it.

A calmer mind helps you handle life's highs and lows.

Pause
Breathe
Be kind
Keep going



Build Strong Relationships

Surround yourself with people who support, challenge and inspire you. Make time for family and friends. Meaningful connections make life happier and help you through tough times.

Good people make a healthy life better.



Avoid Harmful Habits

Say no to tobacco, limit alcohol and avoid drug use. These may give short-term pleasure, but they can harm your health, happiness and future.

Start before you need to.

Don't spend your 20s trying to stay young.
Use them to become strong.

HEALTHIER HABITS
BRIGHTER DAYS
BIGGER TOMORROWS
YOU GOT THIS.



Dr Sucheendra K. Palaniappan

Computational biologist & AI researcher

suchee.org/after-20 Updated 17 October 2026

HEALTHY AFTER 20

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Start here

Education, not medical advice. Talk to your doctor.

The choices you make in your 20s compound for decades. ❤️

2 Your 20s Are Construction Years

A healthier you today creates a freer, brighter you tomorrow. ☀️

What you build now shapes how you feel in your 30s, 40s and beyond.

Your 20s aren't just a time to figure things out – they're a chance to build a stronger, healthier, more intentional you. Every habit, experience and relationship is a brick in your future self. You don't have to get everything perfect, but what you do now creates a powerful foundation for the life you want.



Better Sleep Builds a Stronger You

Good sleep helps you think clearly, manage emotions, perform better and stay physically healthy. It's the foundation that makes everything else easier.



Rest today for bigger tomorrows.



Movement Creates Momentum

Regular movement boosts energy, improves mood, reduces stress and keeps you strong for the long run. It doesn't have to be intense – just consistent.



A stronger you today opens more doors tomorrow.



Food Fuels Your Future

Nutritious, real food gives you steady energy, a sharper mind and a healthier body. It's an investment in the you that will take on bigger dreams.



Good food today fuels a brighter tomorrow. ❤️



Manage Stress to Stay Steady

Your 20s can be intense. Learning to pause, breathe and manage stress helps you stay balanced, make clearer choices and enjoy the journey more.



Pause. Breathe. Be kind to yourself. Keep going. ❤️



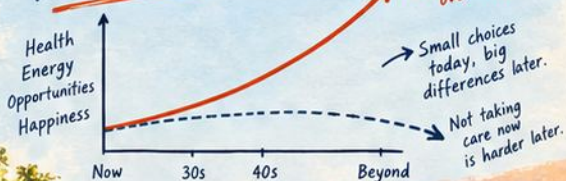
Meaningful Relationships Make Life Richer

The friends you choose, the people who lift you up and the community you build bring joy, support and opportunities. Great relationships make the good times better and the hard times easier.



Good people make a healthier, happier you. ❤️

Habits Add Up Over Time



Small choices today, long shadow tomorrow.

Your future self will thank you for the habits you build now. ❤️

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Your 20s are construction years

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3 Move More, Almost Daily

Your body expects walking, stairs, carrying, stretching and time outdoors.

Movement keeps your heart, brain, muscles and mood strong. You don't need a gym or hours of workouts. Build movement into everyday life – a little more each day makes a big difference over time.

Movement is not only exercise – it's part of real life.

Same 20s. A Healthier Happier Brighter You.

Walk more places. Notice more of life.

Walk More Often

Walk to nearby places when you can – work, college, markets or meet a friend. It's free, fits your day and boosts your health.

Short walks do big good.

Take the long route sometimes.

Take the Stairs

Choose stairs over lifts when you can. A few flights a day builds stronger legs, a healthier heart and more energy.

Small climbs add up to big gains.

Try Different Ways to Move

Cycle, play a sport, dance, hike, swim or join a weekend game. Keep it fun – variety keeps you motivated and works different muscles.

Find a way you enjoy and keep going.

Different moves. Brighter days.

Sit Less, Move Often

Break long periods of sitting. Stand up, stretch, walk around or take a short movement break every 30–60 minutes. Your body feels better when it moves.

Break long sitting. Move a little. Feel a lot better.

Stretch Stand Move Refresh Repeat

Be Active At Least a Few Days a Week

Play a sport, go for a run, do yoga, dance or join a group activity. It reduces stress, builds confidence and helps you sleep better.

Consistency beats intensity.

Spend Time Outdoors

Fresh air, sunlight and green spaces lift your mood, reduce stress and help your body stay healthy. Even 15–30 minutes outside can make a real difference.

Sunlight Good company Fresh air A brighter you.

A walk today for a calmer, happier tomorrow.

Move a little more, most days.
It adds up to healthier, happier you.

HEALTHIER HABITS BRIGHTER DAYS BIGGER TOMORROWS YOU GOT THIS.



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Move more, almost daily

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4 Build Muscle Early

Strength is metabolic health, resilience and future capacity.

Building muscle in your 20s sets you up for a stronger, more independent you. It supports healthy weight, better blood sugar control, stronger bones and a more active, capable life for decades to come.

2 to 3 strength sessions per week is a great start. Keep it simple and consistent.

Stronger today for a brighter tomorrow.

Same 20s. A Healthier Happier Brighter You.

STRONGER PEOPLE
KINDER PEOPLE

Same effort. A stronger, happier you.



Squat for Strength

Squats work your legs, hips and core. They build everyday strength for walking, climbing and an active life.

Stronger legs take you further in life.



Push for a Stronger You

Push-ups build your chest, shoulders, arms and core. Start where you are – on your knees or against a wall – and progress over time.

Progress not perfection every rep counts.



Pull for a Balanced Body

Rows or pull-ups strengthen your back, posture and grip. A stronger back supports better posture and reduces injury risk.

A strong back helps you stand taller for what's ahead.



Carry Real Life Strength

Lifting and carrying everyday loads builds full-body strength, grip, balance and functional fitness for real life.

Stronger today for everyday tomorrows.



Fuel with Good Food

Protein helps build and repair muscle. Include foods like dal, eggs, fish, chicken, paneer, curd, soy or other protein-rich options in your meals. Pair with fruits, vegetables and whole grains.

Good nutrition gives your effort a better return.

Real food builds stronger days.



Muscle Helps You in More Ways

- ✓ Helps with better glucose control and metabolism.
- ✓ Supports healthy weight.
- ✓ Improves posture and reduces injury risk.
- ✓ Builds confidence and mental well-being.
- ✓ Gives you the strength to do more of what you love.

More muscle helps with glucose control, better posture and greater confidence.

Stronger body. Calmer mind. Brighter days.

Build muscle in your 20s to do more, feel better and stay independent. Use these years to get stronger.

HEALTHIER HABITS BRIGHTER DAYS BIGGER TOMORROWS. YOU GOT THIS.



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Build muscle early

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5 Bone Is Built Young

Your 20s are prime time for peak bone strength.

Your 20s are a golden window to build strong bones. Peak bone mass – the maximum strength and density of your bones – usually happens in your late 20s. The stronger your bones now, the better protected you are against fractures and bone problems in later life.

Build strong bones now for a more active, independent tomorrow.



Get Moving & Jump

Weight-bearing activities like brisk walking, jogging, skipping, dancing and sports help build bone density. The impact signals your bones to become stronger and denser.

Jump. Land. Get stronger bones!



Include Resistance Exercise

Strength training such as bodyweight exercises, weights or resistance bands builds stronger bones and muscles. Aim for 2–3 sessions a week. Stronger muscles also help support and protect your bones.

Load helps bones grow stronger.



Eat for Stronger Bones

Get enough calcium and protein every day. Include milk, curd, paneer, leafy greens, beans, nuts, seeds and other wholesome foods to support bone health.

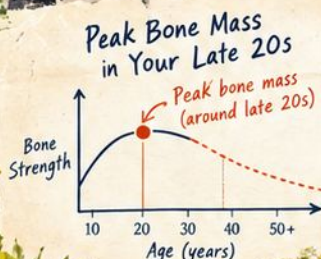
Calcium + Protein = Stronger Bones



Get Enough Sunlight

Vitamin D helps your body absorb calcium and keeps your bones strong. Spend time outdoors in natural sunlight – even 15–30 minutes a day can help (make sure to be safe and avoid harsh midday sun).

Sunlight matters for stronger bones.



The stronger your bones now, the greater your future protection.



Avoid Smoking and Excess Alcohol

Smoking and heavy alcohol use can reduce bone density and increase the risk of fractures. Choose habits that protect your bones and your future independence.

Healthy choices today keep you moving tomorrow.

Strong bones today support a more active, independent tomorrow.

Active people stay independent for longer.

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6 Eat Real Food, Most Days

Ordinary Indian meals can support a strong body when they are balanced and consistent.

Real food is simple, familiar and nourishing – dal, vegetables, fruits, whole grains, curd, nuts and seeds. You don't need fancy foods or strict diets. Just choose wholesome foods most of the time, in real meals.

Good food fuels a brighter you. ❤️

Food is daily infrastructure for a stronger, happier you. ☀️

- ✓ Simple Recipes
- ✓ Real Ingredients
- ✓ Better Days

Good Food Brighter Days

Real Ingredients Happier You

Indian Food Stronger You

Good Habits Brighter Days



Protein Builds and Repairs

Protein helps build muscles, keeps you full for longer and supports your immunity. Include dal, rajma, chana, eggs, paneer, curd or tofu in your meals.

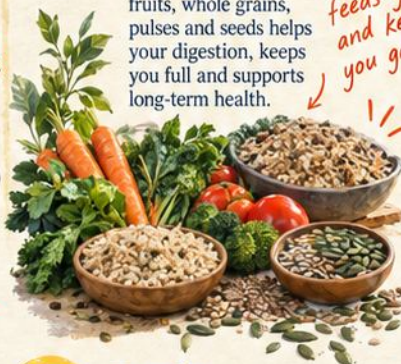
Protein counts for a stronger, more active you.



Fibre Feeds You

Fibre from vegetables, fruits, whole grains, pulses and seeds helps your digestion, keeps you full and supports long-term health.

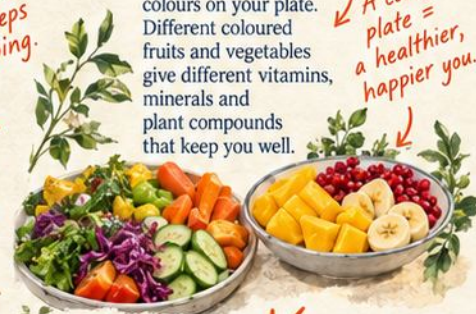
Fibre feeds you and keeps you going.



Colour Adds More Goodness

Choose a variety of colours on your plate. Different coloured fruits and vegetables give different vitamins, minerals and plant compounds that keep you well.

A colourful plate = a healthier, happier you.



Less Ultra-Processed Food

Limit packaged snacks, sugary drinks, instant noodles and highly processed foods. They are often high in added sugar, unhealthy fats and salt, and low in real nutrition.

Less packets. More real flavours. A healthier you.



Regular Meals, Better Energy

Try to eat at regular times and don't skip meals. Balanced meals keep your energy steady, help you concentrate and prevent overeating later.

Regular meals keep your energy steady.



A Balanced Indian Plate



Vegetables (half the plate)

Protein (1/4 plate)

Whole grains (1/4 plate)

SAME FOODS. STRONGER DAYS. HAPPIER YOU!

Water keeps you hydrated and helps everything work better.

Real food. Real meals. A stronger, brighter you.



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Eat real food, most days

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7 Sleep Is Not Optional

Good sleep supports mood, memory, hormones, training and long-term health.

Quality sleep helps you think clearly, stay emotionally balanced, perform better and keep your body healthy. It's not a luxury — it's a foundation for the life you want, now and in the decades ahead.

Protect your nights to enjoy brighter days. ❤️

A quieter mind for a brighter tomorrow. ❤️

Better sleep. A healthier, happier you. ❤️

Put your phone away tonight. Give your mind a break. ➡️



Keep a Regular Timing

Try to sleep and wake up at around the same time every day, even on weekends. A consistent routine helps your body clock, improves sleep quality and makes it easier to fall asleep and wake up feeling fresh.

Same time tomorrow for a brighter you. ☀️



Reduce Late-Night Screens

The blue light from phones, laptops and TVs can disrupt your natural sleep cycle and make it harder to fall asleep. Try to switch off screens at least 30–60 minutes before bed and give your mind time to unwind.

Less scrolling. More dreams. ❤️



Be Mindful of Caffeine

Caffeine can stay in your system for several hours and make it harder to fall asleep. Try to limit coffee, strong tea, energy drinks and cola in the afternoon and evening, especially if you're sensitive to it.

Great conversations are better than late-night caffeine. ❤️



Get Morning Light

Natural sunlight in the morning helps reset your body clock, boosts your mood and supports better sleep at night. Even 10–20 minutes of morning light can make a real difference.

Morning light helps you sleep better tonight. ☀️



Aim for 7–9 Hours

Most adults in their 20s need 7–9 hours of quality sleep each night. Enough sleep helps your brain, hormones, immune system and physical performance. It gives you the energy to make the most of your days.

Sleep repairs your body, recharges your mind and prepares a brighter you. ❤️

Good sleep today. A brighter tomorrow. ❤️

Same 20s. A Healthier Happier Brighter You. ☀️

HEALTHIER HABITS BRIGHTER DAYS BIGGER TOMORROWS YOU GOT THIS. ❤️

Good sleep fuels a brighter you.



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Sleep is not optional

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8 Take Your Mind Seriously

Stress, loneliness, burnout and low mood deserve attention early, not later.

Your 20s can be exciting, but also overwhelming. New pressures, big transitions and endless expectations can take a toll on your mental health. Looking after your mind now helps you enjoy today and build a stronger, calmer tomorrow.

A calmer mind helps you enjoy a brighter life.

Same 20s. A kinder Calmer Stronger You.

It's okay not to be okay. What matters is that you take a step.



Notice Your Feelings

It's normal to feel stressed, anxious, sad or overwhelmed. Pay attention to changes in your mood, sleep, appetite or energy. Early awareness helps you take action before things feel bigger.

Stress leaves traces on your mind and body. Listen early.



Talk and Seek Help

Talking to a trusted friend, family member or counsellor can make a big difference. You don't have to figure everything out alone. Ask for help early – it's a sign of strength, not weakness.

Ask for help early. Stronger people do.



Good conversations make heavy days feel lighter.



Rest and Recharge

Quality sleep, regular breaks and downtime help your mind recover. You can't pour from an empty cup. Rest is productive and essential for a calmer, happier you.

Rest isn't lazy. It's how you stay strong.



Spend Time Outdoors

Nature, sunlight and fresh air can lift your mood, reduce stress and help you feel more grounded. A short walk, a park visit or even time with plants can work wonders.

A little time in nature goes a long way.



Stay Connected

Meaningful relationships give support, reduce loneliness and bring joy. Make time for friends, family and communities that make you feel seen, heard and accepted.

Connection is protective. Good people make life lighter.

A calmer mind gives you more energy for what truly matters.



Healthier Me
Brighter Days
Same Dreams
Same Me
But Kinder

Take care of your mind today to enjoy a brighter tomorrow.



HEALTHIER HABITS
BRIGHTER DAYS • BIGGER TOMORROWS
YOU GOT THIS.



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HEALTHY AFTER 20

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Take your mind seriously

Education, not medical advice. Talk to your doctor.

9 Protect Sexual and Reproductive Health

Knowledge, consent, protection and timely care are part of adult health.

Your 20s are a time to understand your body, make informed choices, and take care of your sexual and reproductive health. It's about respect, safety, equality and wellbeing – for you and your partner(s).

Care early.
Ask questions.
It's a sign
of strength.

Health includes this too.
A healthier
happier
brighter
you.

Your
Health
Your
Choices
Your
Future

Plan your
tomorrows.
Choose what
works for you.

Consent
matters.
Always.
It's about
respect,
not pressure.



Choose Consent and Respect

Good relationships are built on clear, enthusiastic consent, open communication and mutual respect. Consent can be withdrawn at any time. Respect boundaries – yours and theirs.



Use Contraception Wisely

Contraception helps you prevent unintended pregnancy and plan your future. Options include condoms, oral pills, intrauterine devices (IUDs) and more. Condoms also help protect against sexually transmitted infections (STIs).



Be Aware of STIs

STIs can affect anyone and are common. Many have no symptoms, so regular testing is important, especially if you have new or multiple partners. They are treatable. Early detection keeps you and your partners healthy.

Know your
status.
Get tested
periodically.
It's a smart
and caring
choice.



Understand Your Body

Menstrual health is part of overall health. Track your cycles, know what's normal for you, and seek care for concerns like irregular periods, severe pain or other changes. Reproductive health is for everyone – regardless of gender.

Know
your body.
Track your
cycle.
Ask for help
when needed.



Get Regular Checkups and Vaccinations

Regular gynaecological or urological checkups help detect problems early. The HPV vaccine can help protect against certain cancers. Talk to a trusted healthcare provider about screenings and vaccines that are right for you.

Small
steps
today,
bigger
health
tomorrows.

HPV
VACCINATION
PROTECTS
BRIGHTER
FUTURES

Open
conversations
build stronger
relationships
and healthier
futures.

HEALTHIER
HABITS
BRIGHTER
BAYS
BIGGER
TOMORROWS
YOU GOT THIS.

A healthier you includes
your sexual and reproductive health.
Knowledge. Care. Respect.



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Protect sexual and reproductive health

Education, not medical advice. Talk to your doctor.

10 Avoid the Obvious Damage

Some risks are boring to talk about and powerful to prevent.

Your 20s are full of new freedom and experiences. It's also when small risks can quietly turn into big problems. The good news? Most of the common harms are easy to avoid, and the choices you make today protect your health, money and future self for decades to come.

Good choices today keep more tomorrows open.

Fewer risks. A brighter tomorrow you. 

Helmets matter. They keep you here for more good days. 

Arrive safely. More stories to live. 

Say No to Smoking

Tobacco harms almost every organ in your body. There's no safe form – including cigarettes, vapes or chewing tobacco. Quitting or never starting protects your lungs, heart, skin and financial freedom.

Future you pays the bill. 

Not today. Not worth it. 



Drink Smarter

Alcohol can affect your judgement, sleep, mental health and long-term well-being. If you drink, keep it moderate, know your limits and avoid binge drinking. More fun doesn't need more drinks.

Less is better. Clearer mind. Brighter days. 

Good company doesn't need excess. 

Stay Safe on the Road

Always wear a helmet on a two-wheeler and a seatbelt in a car. Follow traffic rules, avoid distracted driving and never drive after drinking. A few seconds of care can prevent a lifetime of regret.

Helmets. Seatbelts. Lives, not just rides. 

Buckle up for bigger destinations. 



Protect Your Skin

Too much sun can cause premature ageing, dark spots and increase the risk of skin cancer. Use sunscreen, wear a hat or cap, seek shade in peak hours and protect your skin, even on cloudy days.

Same sun. Smarter you. 

Protect your today and the skin you'll love tomorrow. 



Look After Your Hearing

Loud music, noisy places and long hours of earphones can damage your hearing for life. Keep the volume moderate, take breaks and give your ears some quiet time.

Turn it down to keep the good sounds in your life. 

Good music today. A lifetime of hearing tomorrow. 

Avoid the obvious damage today, so you have a healthier, freer tomorrow. 



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Avoid the obvious damage

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11 Know a Few Useful Numbers

A small set of useful health numbers can guide you without making you obsessive.

Knowing a few key numbers helps you spot risks early, make better choices and stay in control. These are guidelines for most healthy adults in their 20s. Your needs may be different, so talk to a trusted healthcare provider.



Blood Pressure

A normal blood pressure is usually around less than 120/80 mmHg. 120-139/80-89 is higher than ideal. 140/90 or above needs medical advice. Get it checked at least once every 1-2 years, or more often if advised.

Numbers inform you. They don't define you.

Try to keep it below 120/80.

Higher numbers can be a warning sign.



Cholesterol and Lipids

Get a lipid profile at least once in your 20s, or earlier if you have a family history of heart disease or other risk factors. A healthy LDL ("bad" cholesterol) is usually below 100 mg/dL. Higher levels may need lifestyle changes or medical advice. Focus on overall risk, not just one number.

Trends matter more than perfection.

Check
Track
Understand
Take Action
Healthier You

Good cholesterol supports a healthier heart.

Know your baseline in your 20s. Then track trends over time.



Waist-to-Height Ratio

Keep your waist circumference less than half your height. A simple guide: your waist-to-height ratio should be below 0.5 (e.g. if your height is 160 cm, aim for a waist less than 80 cm). Extra abdominal fat can increase the risk of diabetes, heart disease and other problems even in your 20s.

Keep your waist less than half your height. A simple number with big benefits.



Glucose (When Relevant)

If you are at higher risk — for example, if you are overweight, have a family history of diabetes, have PCOS, or other risk factors — ask about testing your blood glucose or HbA1c. A normal fasting glucose is usually below 100 mg/dL and HbA1c below 5.7%. Not everyone needs regular testing in their 20s. Your doctor can guide you based on your risk.

Test when it makes sense for you. Focus on trends, not one off number.

Small steps today, bigger health tomorrows.

Know a few useful numbers today, so you can make better choices for a healthier, brighter tomorrow.

HEALTHIER HABITS
BRIGHTER DAYS
BIGGER TOMORROWS.
YOU GOT THIS.



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Know a few useful numbers

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12 Vaccines Are Quiet Protection

Prevention is easiest when it happens before exposure.

Your 20s are a great time to check your vaccine record, catch up on any missed doses and stay protected. Vaccines help prevent serious illnesses for you and the people around you — so you can keep doing the things you love, without avoidable setbacks.

Check your vaccine record once. Catch up. Move on.

Small steps. Stronger tomorrows. A healthier happier you.

Vaccines today
Healthier tomorrows

Boring protection is still protection.

HPV Vaccine in Young Adulthood

The HPV vaccine helps protect against cancers caused by human papillomavirus, including cervical, anal, throat and other cancers. It's recommended for everyone, including young adults who missed it earlier. Catching up in your 20s can still give you strong protection.

It's not too late. HPV vaccine in your 20s still helps.

Tetanus Boosters

Tetanus can enter your body through cuts and wounds. A booster shot is recommended every 10 years. Make sure you're up to date, especially if you have an injury, work outdoors or travel.

Adventures are better with a booster.

Seasonal Vaccines (Influenza, COVID-19 and others)

Flu and COVID-19 vaccines help reduce the risk of serious illness, keep you and others safer, and help you miss fewer important days. These vaccines are updated regularly — ask a trusted healthcare provider about the latest recommendations for this season.

Stay in the moments that matter. Get your seasonal vaccines.

Travel Vaccines and Hepatitis Protection

If you're travelling, certain vaccines can protect you from infections that are more common in other countries, such as Hepatitis A and Typhoid. Hepatitis B vaccine is also recommended for many adults if not already vaccinated. Check what you need at least a few weeks before your trip.

New places. New stories. Right vaccines for a safer journey.

Check, Catch Up and Stay Protected

You can check your vaccine record (childhood and adult), ask a healthcare provider what you might have missed and catch up. Most vaccines take only a few minutes but offer long-term protection for you and your community.

Vaccines are quiet protection today, so you can live a healthier, fuller tomorrow.



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13 Do the Ordinary Maintenance

Most health care in your 20s is boring, and that is why it works.

You don't always need big treatments or dramatic changes. Regular check-ups, early screening and simple care keep small issues small, help you stay active and prevent bigger problems later in life.

Staying on top of small things today keeps you healthier tomorrow.

A healthy smile goes a long way.



Take Care of Your Teeth and Gums

Brush twice a day, clean between your teeth and visit a dentist regularly. Healthy teeth and gums help you eat well, speak confidently and prevent painful problems later.



Protect Your Skin

Use sunscreen every day, even on cloudy days. Take care of your skin, keep it clean and moisturised, and get any new or changing moles or skin concerns checked by a doctor.

Same sun. Smarter you.



Get a Yearly Health Check-in

A yearly check-in with a doctor helps you review your overall health – including sleep, mood, sexual and reproductive health, smoking or drinking habits, and your family history. Ask questions, discuss any concerns, and do recommended tests based on your risk factors.

A simple annual check-in goes a long way.

Sleep
Mood
Nutrition
Exercise
Sexual Health
Substances
Family History
Your Health
Your Plan



Check Your Eyes and Hearing

Get your eyes checked if you notice changes like blurry vision, frequent headaches or eye strain from screens. Protect your ears from loud noise and get your hearing checked if you notice any difficulty.

Clear vision.
Better hearing.
A brighter life.



Don't Ignore Injuries or Persistent Symptoms

If pain, injuries or other symptoms keep coming back or stop you from doing the things you love, get them checked. Early attention can prevent longer-term problems and help you get back to your active life.

Listen to your body.
It's telling you something.

Good habits today.
A healthier, happier, brighter you.

Small check-ups today, bigger adventures tomorrow.

Regular Check-ups
Healthier Habits
Brighter Futures

Ask questions. Keep track. Be proactive.

Your senses help you experience more of life.

Track how you feel. Sleep well. Be kind to yourself. Ask for help when needed.

HEALTHIER HABITS
BRIGHTER DAYS
BIGGER TOMORROWS
YOU GOT THIS.

Do the ordinary maintenance today, so you can keep doing the extraordinary things tomorrow.



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Do the ordinary maintenance

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14 Relationships Are Health Infrastructure

Friends, family, partners and community are not extras. They are essential for a healthier, happier, stronger you.

Your 20s can be fast, demanding and sometimes lonely. The people around you help you through it all. Strong relationships give you support, perspective, joy and a sense of belonging. They improve your mental and physical health and create a stronger foundation for the life you want.

Good friends make ordinary days brighter and difficult days easier. ♥

Health includes the people who walk through life with you. ♥

Same conversations. Bigger dreams. ♥

You don't have to go through hard days alone. ♥

It's okay to say no. Healthy boundaries create happier relationships. ♥

Supportive people reduce stress, improve sleep, boost confidence and open new opportunities. ♥

Find your people. Keep your people. Be a good one too. ♥

HEALTHIER HABITS
BRIGHTER DAYS
BIGGER TOMORROWS
YOU GOT THIS. ♥

Relationships are health infrastructure.
Invest in them today,
for a stronger, happier tomorrow.



Make Time on Purpose

Relationships thrive when you make time for them. Even small moments matter — a call, a coffee, a walk or a shared meal. Busy schedules are real, but the people who matter deserve a place in your calendar.

Prioritise people, not just plans. ♥

Good People
Good Food
Better Days
♥



Show Up in Hard Times

Being there when it's tough — a listening ear, a helping hand or simply your presence — can make a huge difference. Real relationships mean showing up, not just when it's fun, but especially when it's hard.



Have Open Conversations

Talk about what you need, how you feel and what you expect. Honest conversations build trust, prevent misunderstandings and make relationships stronger. It's okay to be vulnerable.

Real conversations build deeper connections. ♥



Set Healthy Boundaries

Caring about others doesn't mean saying yes to everything. Boundaries protect your time, energy and mental health. They help you show up better and keep relationships respectful and balanced.



The Right People Help You Thrive

The people around you influence how you handle stress, how well you sleep, how confident you feel and even the opportunities you see. Supportive, encouraging and kind relationships lift you up and help you become a healthier, happier you.

Good people give you a stronger tomorrow. ♥



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HEALTHY AFTER 20

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Relationships are health infrastructure

Education, not medical advice. Talk to your doctor.

15 Supplements: Tools, Not a Lifestyle

Food, sleep, training and good habits come first. Supplements can help in specific situations, but they are just tools — not a substitute for a healthy lifestyle.

Protein: A Convenient Helper

Protein supplements, such as whey, can help you meet your daily protein needs, especially when real food isn't convenient. They are safe for most healthy people, but they are not magical. You can get enough protein from regular food too.

Protein powder is a convenience, not a shortcut.

Real food builds stronger bodies.

Supplements can support your goals, but a healthy lifestyle does more.

Good food. Good habits. Real progress.

Creatine: Optional, Evidence-Based

Creatine is one of the most researched and safe supplements. It can improve strength, power and exercise performance, especially in activities like weight training and high-intensity sports. It's optional — not everyone needs it, but it can be useful if your goals and routine fit. Use the recommended dose (around 3–5 g per day) and stay hydrated.

A well-researched tool for strength and performance. Optional, not essential.

Vitamins and Minerals: Only When Needed

Some nutrients, like vitamin D, vitamin B12, iron or calcium, may be needed as supplements if you have a deficiency, a medical condition, or limited intake from food. Get tested when there's a reason, and take supplements under the guidance of a healthcare professional.

Test. Understand. Supplement only when needed.

Be Wary of Hype and Megadoses

Avoid “detox” drinks, fat-burner pills, immunity megadoses and stacks with big promises. Most have little evidence, can be expensive, and may even be harmful. More is not better — megadoses of certain vitamins and minerals can cause side effects. If it sounds too good to be true, it probably is.

Hype doesn't make you healthier.

Skip the quick fixes. Focus on what actually works.

Lifestyle Comes First

Supplements can support your goals, but they can't replace a healthy diet, quality sleep, regular physical activity and stress management. These foundations do far more for your health, performance and longevity than any pill or powder.

Food. Sleep. Training. Your real superpowers.

Good friends. Good habits. Bigger goals.

A healthier you can do more of what you love tomorrow.

Supplements are tools, not a lifestyle. Use them wisely, only when needed, and let good habits do the heavy lifting.

HEALTHIER HABITS. BRIGHTER DAYS. BIGGER TOMORROWS. YOU GOT THIS.



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16 A Stronger, Brighter You

Your 20s are not just a phase — they're a foundation for everything that comes next.

The choices you make today can give you more energy, clarity and confidence — not just for a few years, but for decades to come. A healthier you can pursue your dreams, support the people you love, and build a life of purpose and opportunity.

Healthier habits today create a brighter tomorrow.

Same you. More possibilities.

Strong bodies for bigger dreams.

Movement today. More life tomorrow.

A calmer mind helps you handle life's highs and lows.

Pause. Breathe. Keep going. You've got this.

Real food fuels a richer life.

Better sleep. A calmer mind. A brighter you tomorrow.

Support today. Stronger tomorrows together.

Good people make a healthy life even better.

Don't spend your 20s trying to stay young.
Use them to become strong.

HEALTHIER HABITS BRIGHTER DAYS BIGGER TOMORROWS YOU GOT THIS.



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A stronger, brighter you

Education, not medical advice. Talk to your doctor.