

# Hormones & Ageing

— What Actually Works —

Practical, evidence-backed strategies to support hormone balance and healthy ageing.



## Daily Habits

- Eat balanced meals
- Manage stress
- Get quality sleep
- Stay active



## Hormone Balance

- Supports energy
- Supports mood
- Supports metabolism
- Supports weight management



## Healthy Ageing

- Better healthspan
- More strength & vitality
- Better sleep
- Better quality of life

## Key habits for hormone balance

- ✓ Prioritise sleep
- ✓ Eat enough protein and fibre
- ✓ Include healthy fats
- ✓ Manage stress
- ✓ Stay active
- ✓ Maintain a healthy weight

Balanced habits support your hormones and help you age well and thrive.



**The Real Health Guide 55+**

Practical, evidence-based health information