



PRO
SUPPORT

Tips & Tricks

Simple steps for a healthier life

Fresubin®

*Experience the
positive effects of a
healthier diet and
being more active.*

Let's get started

*with smart ideas and suggestions that will
help you discover your inner strength.*

Why exercise?

*Find out how exercise can help
improve our quality of life.*

*Being more active is a good start
for a healthier life.*



*From a brighter mood to a more
enjoyable social life...*

Never too late!

Regardless of age, gender or physical ability:



Stay healthy

Regular exercise can help support your immune system.¹
Staying active may help to reduce the risk of major illnesses.²

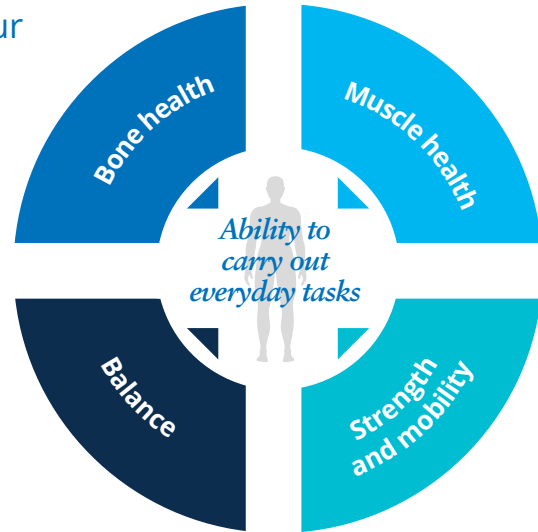
People who regularly exercise have a lower risk of:



Be independent

Maintain and improve your physical independence through keeping active.

As we get older, being active is particularly important, because the normal ageing process causes loss of muscle mass and bone density, which affects strength, balance and posture.³



Lift your mood

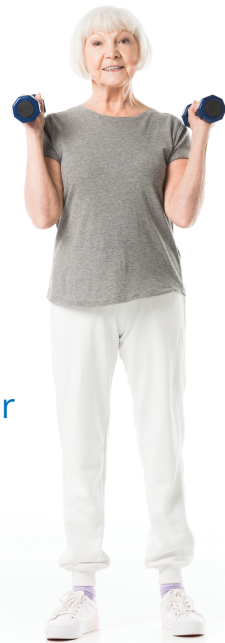
Exercise stimulates various chemicals your brain making you *feel relaxed, happier* and *less anxious*.⁴

Get your energy back

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work *more efficiently*.



Check out online
content for the
exercise videos



Sleep better⁵

Regular physical activity can help:

- Falling asleep faster
- Sleeping deeper and better*

*Do not to exercise too close to your bed time to prevent being too over energised to sleep.

Have FUN!

- Go outdoors
- Connect with new people
- Start exercising at home

**Being active is fun
and will make you
feel better.**



If you haven't exercised for a long time or have a chronic illness, remember to consult your doctor before starting a new exercise program.

Strong mind strong body

Did you know...

Building up your mental strength is one of the key elements of an overall healthier way of life.⁶

Follow up a few easy tips to uplift yourself mindfully.⁴



Set up & achieve personal goals

Remember to congratulate yourself on your achievements, even the small ones.

No worries less stress

Manage your time. Rest well.

Don't worry about the things you can't control.



Stay connected & socialise

Do things you enjoy.
Find new hobbies.
Stay connected.

Eat well

If you only feel like eating a little, it's important that the food you do eat is nourishing.

Eat frequently

Eat smaller portions but more frequently.



Try new things...

You can try different recipes and add a variety of healthy foods into your diet to make meal times more appealing.

Watch your nutrition

Make sure your diet has enough
Calories, Protein, Calcium & Vitamin D
levels to meet your daily needs.

Eat healthily

Try to maintain a balanced diet
including a wide variety of foods.

Consult your healthcare professional
if you are concerned about your
nutritional intake.



Keep active

Maintain daily mental
and physical activities to
stimulate your appetite.

Stay positive

Take your time and create
a pleasant atmosphere
while eating.

Enjoy!

Most importantly:
Enjoy your food!



www.fresubin.com/uk/pro-support

Use the QR code to
discover more on
PRO Support.



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Discover
More on



- *Exercises*
- *Recipes Booklet*

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