

# MEET YOUR TELOMERES

## THE WORKSHEET

● **BREATHE**

HOW WILL YOU +1 YOUR BREATHING TODAY?

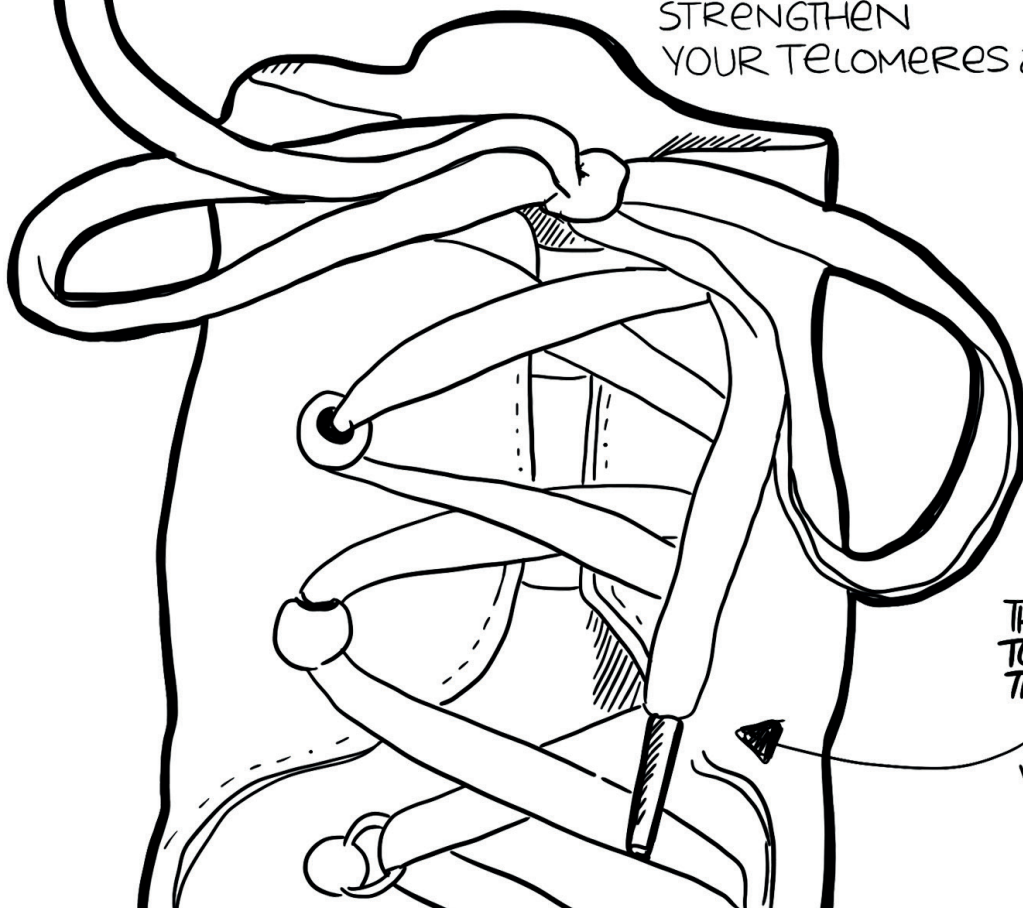
COLLECTION OF

**TELOMERES**

TOP TIPS



YOUR TOP +1S TO LENGTHEN & STRENGTHEN YOUR TELOMERES?



THINK OF YOUR TOP TELOMERES TIPS WHEN-EVER TYING UP YOUR SHOES!