



**FRESENIUS
KABI**
caring for life



+PRO
SUPPORT

Tips & Tricks

Simple steps for a healthier life



Fresubin®

Fuel your body, fuel your life!

Have you decided to approach an overall healthier way of life?

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 more 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. Staying active may prevent many health problems.

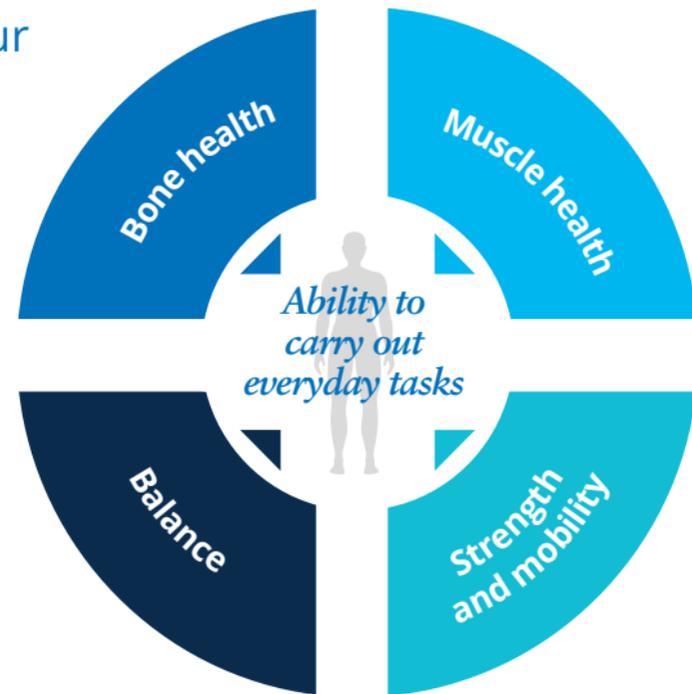
Such as:



Be independent

Maintain and improve your physical independence through keeping active.

Regular exercise helps prevent and counteract consequences of ageing.



Lift your mood

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

Get your energy back

Exercise delivers oxygen and nutrients to your tissues and gives you *more energy*.



Check out online content for PRO Support Exercises



Sleep better

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 energized to sleep.

Have FUN!

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

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



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

Strong mind strong body

Train your memory

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

PRO Support memory game is fun way for you to sharpen your memory.



Follow up a few easy tips to uplift your self mindfully



Stay active



Sleep well



Eat well



Feel better

Set up & achieve personal goals

Remember to congratulate yourself on your achievement, even if it's a small one.

No worries less stress

Manage your time. Rest well.

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



Stay connected & socialize

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

TIPS for stimulating a healthy appetite

Stress, health conditions, therapy & medications may cause:

Low appetite & involuntary weight loss



Discover PRO Support Recipes Booklet for healthy and fun recipes that counteract low appetite.

Eat whenever you can

Eat at anytime during the day and evening, no need to follow a detailed and tight schedule. Your overall intake is most important.

Eat frequently

Eat smaller portions but more frequently.

Try new things

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



Watch your nutrition

Enrich your diet with enough *Calories* and adapt your *Protein, Calcium & Vitamin D* levels to your daily needs.

Eat healthy

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

Enrich your diet

Consult your health care provider about adding Oral Nutritional Supplements to your diet.



Keep active

Maintain daily mental and physical activities to stimulate appetite.

Stay positive

Take your time and create a pleasant atmosphere while eating.

Enjoy!

Most Importantly:

Enjoy your food!

Fresubin® PRO Drink

NEW



Vanilla



Hazelnut



Neutral

More Flavours to Discover!

Apricot-Peach, Tropical Fruits and Cappuccino
coming soon...

Food for special medical purposes, to be used under medical supervision



**FRESENIUS
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- + Recipes Booklet
- + Memory Game

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Explore the online content
of the Fresubin PRO Drink
for detailed information.

