

Staying healthy as you age

A wrinkle here. An extra pound there. A little loss of energy. Have you noticed any of these changes lately? Aging is a natural process, but you can still stay healthy as you grow older!

Healthy habits are key

Taking care of your body is the key to good health at every age. It can help slow down or even prevent problems that often come with getting older. And even if certain diseases run in your family, you can still enjoy your golden years. It's never too late to start good habits!

Staying active

Regular physical activity keeps your body strong and helps you feel better. It also makes you less likely to get depressed. You might want to think about walking, gardening or working out at the gym.

Staying connected

Staying in touch with friends, family, and neighbors is good for your mental health. But try to take time for yourself, too. Spending 20 minutes a day just to relax is great for body and spirit.

Staying sharp

Try to keep your brain active. Learn or do something new and different. Attend an educational workshop or learn a new card game. There are lots of fun ways to stay mentally sharp.

See other side for more tips on healthy aging



“
Healthy isn’t a goal.
It’s a way of living.
”

Ready to go the healthy way?



Stay **active**



Stay **connected**



Stay **sharp**

Other tips for aging well.

If some don't work for you, feel free to find your own. You have the answers!

- Try to avoid salty foods and foods with a lot of fat in them, such as fried foods
- Take preventive measures, such as getting a yearly flu shot or health screening
- If you smoke, try to quit. You'll feel the difference!
- Try not to abuse alcohol or drugs: staying clean is your best choice



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