

SEPTEMBER

Healthy Aging Month

Successful aging goes beyond just maintaining good health. It involves actively managing your personal well-being to ensure you can lead a vibrant and independent life at any age. Whether you're turning 30, 40, 50, 65, or 90, there's no need to accept decline as inevitable—especially if you're committed to staying healthy and active. Healthy aging is influenced by various factors, some of which, like genetics, are beyond our control. However, there are many aspects we can manage, such as regular exercise, a balanced diet, routine doctor visits, and mental health care. Here is how you can take proactive steps towards better aging.

It's never too late to take action and be proactive for a vibrant and healthy life. Aging is a beautiful part of life, so embrace it!

Your Healthy Aging Action Plan:

1. Stay Active

Exercise Regularly: Incorporate activities like walking, swimming, or yoga into your routine. Regular exercise supports heart health and prevents related conditions, including depression. Aim for at least 30 minutes a day!

2. Eat Well

Nourish Your Body: Choose nutrient-rich foods such as fruits, vegetables, whole grains, and lean proteins. Eat as many colors as possible and don't forget to stay hydrated!

3. Keep Your Mind Engaged

Mental Stimulation: Stay in touch with your cognitive health. Engage in activities that challenge your brain, like puzzles, reading, or learning a new skill. Adopting new habits and making lifestyle changes requires energy, but the benefits are well worth the effort.

4. Prioritize Rest and Relaxation

Get Quality Sleep. Aim for 7-9 hours each night. Stick to a consistent sleep schedule and avoid late-night distractions to ensure restful nights. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents.

5. Stay Up to Date with Health Checks

Go to the Doctor Regularly. Be consistent in completing your recommended health screenings and don't skip eye and dental exams. Be proactive about your own health. Ask your doctor questions about your health and for advice on positive lifestyle changes.

6. Enjoyment

Smile More! Whether it's through laughing or singing. Embrace a joyful attitude and make the most of each day for a fulfilling and healthy life.

Sources:

- <https://healthylearn.com/connerstrong/hn/age-successfully.html>
- <https://healthylearn.com/connerstrong/hn/10-ways-to-extend-a-healthy-life.html>
- <https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>

