



# Healthy Living Series

## HEALTHY AGING

“Age isn’t a number, it’s an attitude!” While there’s definitely some truth in that, it’s also important to recognize how our bodies and minds change as we get older. Let’s take a look at some tips for healthy aging!

### PHYSICAL ACTIVITY

As you age, physical activity can help manage and prevent disease, build strength, prevent falls, ease pain, and even help you live longer.

#### Aerobic Activity

- Any activity that gets your heart rate up: walk, swim, bike, dance, gardening.
- Aim for at least 150 minutes/week

#### Muscle-Strengthening Activity

- Any activities that make your muscles work harder than usual: lifting weights, lunges, chair exercises, yoga, and carrying groceries.
- Aim for 2X per week



### MORE TIPS

- Visit your doctor for a checkup at least once per year. Get the recommended screenings and vaccinations.
- Get a good night’s sleep (7-9 hours) and follow a consistent sleep schedule.
- Quit smoking and avoid/limit alcohol. It will improve your health no matter how old you are or how long you’ve done it.

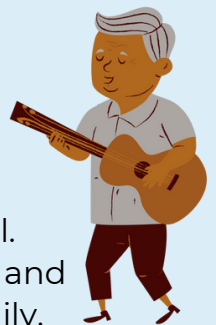
### NUTRITION

- Dietary needs may change as you age.
- Eat plenty of fruit, vegetables, whole grains, healthy fat, and lean protein.
- Focus on nutrients you need: potassium, calcium, fiber, vitamins D & B12.
- Avoid cholesterol, saturated fat, added sugar, sodium, and artificial ingredients.
- Stay hydrated with plenty of water.

### MENTAL/SOCIAL

The brain changes as we age, affecting mental health, memory, learning, and more, but there are things you can do to help!

- Find new hobbies and social activities: join a choir, book club, or cooking class, start a garden, or get a pet.
- Volunteer at a local school, library, food bank, or hospital.
- Try meditation or journaling and reach out to friends and family.
- Talk to your doctor about your mental health including any feelings of sadness, lack of interest, and changes in appetite, sleep, or energy.



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<https://www.dhs.gov/employee-resources/news/2022/09/06/healthy-aging-month>  
<https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>  
<https://www.hhs.gov/aging/healthy-aging/index>  
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