

Healthy Aging

10 Things to Do (5 to Avoid)



Healthy aging means doing what you can to prevent disease and to stay fit in both mind and body. Age well and enjoy your life! These tips can help.



1. Be positive!

A positive outlook can reduce stress and may benefit your overall health.

- ◆ Stay social. It can brighten your outlook.
- ◆ Choose to do things you find meaningful.
- ◆ If you feel depressed or anxious talk with your doctor.

2. Take care of your heart.

Heart disease can be prevented.

- ◆ High blood pressure and high levels of bad cholesterol can lead to heart disease. Ask your doctor to regularly screen for these conditions.

3. Eat wisely.

Your food choices can lead to better health.

- ◆ Maintain a healthy weight.
- ◆ Read food labels. Choose foods low in fat, salt and sugar.
- ◆ Eat whole-grain, high-fiber foods to help avoid constipation.
- ◆ Drink plenty of water too.



4. Stay physically active.

Healthy bones, muscles and joints can help prevent falls and other life-changing injuries.

- ◆ Aim to exercise for at least 30 minutes on most days.
- ◆ Ask your doctor about safe exercises, vitamin D and calcium.

5. Keep mentally fit.

An active brain can delay memory loss.

- ◆ Learn something new. Take a class. Attend plays and lectures.
- ◆ Do crossword or other puzzles.

6. Protect your eyesight.

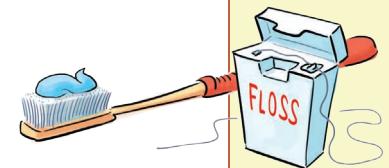
Aging causes changes to vision.

- ◆ Wear a hat or sunglasses to protect your eyes from the sun.
- ◆ Get your eyes checked regularly.

7. Pay attention to your teeth and gums.

A healthy mouth and keeping your own teeth are something to smile about.

- ◆ Floss and brush daily.
- ◆ See your dentist regularly for checkups and cleanings.



8. Take care of your sexual health.

Your sexual needs may change.

- ◆ Talk with your partner about what you expect and are able to do.
- ◆ If you have a new partner
 - Ask about his or her sexual history.
 - Get tested for STIs and HIV.
 - Use a condom.

9. Do what you can to stay well.

Simple steps can help you avoid illness.

- ◆ Wash your hands often.
- ◆ Keep your shots up-to-date.
- ◆ Get a good night's sleep.



10. Get regular checkups.

Finding health problems early can mean better options for treatment.

- ◆ Ask your doctor about screenings you may need.
- ◆ Know what your medications are for and take them properly.

5 Things to Avoid

1. Avoid large portions. Limit fat, salt and sugar.

- ◆ Enjoy your food, but eat less of it—and choose healthier options more often.

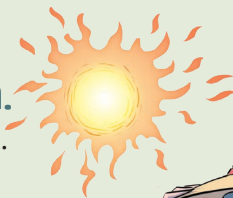
2. Don't smoke. Avoid secondhand smoke too.

- ◆ Tobacco smoke damages more than your heart and lungs. It affects your whole body, including your eyes, gums, skin and bones.



3. Stay out of the sun.

- ◆ Cover up or use sunscreen. Check your skin regularly.
- ◆ Tell your doctor about any changes you find.



4. Limit alcohol use.

- ◆ Alcohol affects people differently as they age. Talk to your doctor about what's right for you.



5. Avoid sitting for long periods.

- ◆ Being active helps your whole body and your mood. Rest when you need to, but get up and out and enjoy your life!

You can't stop aging, and everyone ages differently. But you can age well in a healthy way. Learn practical tips to help you stay healthy and enjoy life.



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