

HEALTHY AGING

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The United States is on the brink of a longevity revolution. By 2030, the number of older Americans will have more than doubled to 70 million. Learn about healthy aging and ways you can stay active and enjoy life!

STAYING FIT: Exercise is part of aging well.



- It tones your muscles and strengthens your bones.
- It also makes your heart and lungs work better.
- Always check with your doctor before starting an exercise program.

HEALTHY DIET: As you age, you need fewer calories to maintain your weight, but the same amount of nutrients to stay healthy.

- Have **3** servings of dairy products every day. Dairy products are high in calcium and vitamin D and help keep your bones strong.
- Choose high fiber foods and have at least five servings of vegetables and fruits a day.
- Limit saturated and trans fats, and cut down on salt and sodium.
- If you drink alcohol, do so in moderation and avoid all tobacco products.



PREVENT FALLS: Among older adults falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths.



- If you are worried about falling, talk with your doctor. Many falls are linked to a person's physical condition or a medical problem.
- Ask for a free copy of *Older Consumers Safety Checklist*, to learn about simple, inexpensive repairs to make your home safer, from the U.S. Consumer Product Safety Commission at 1-800-638-2772.
- Falls are not an inevitable part of aging.

MENTAL WELLNESS: Each person faces his or her own mental health challenges. Two of the most common among older people are memory loss and depression.



- As you get older, it may take longer to remember things, but serious memory loss is not a normal part of aging.
- The best way to prevent memory loss is to remain mentally active and live a healthy lifestyle. Depression is more severe and lasts longer than normal feelings of sadness.
- Make an effort to keep in touch with friends and family, stick to a daily routine, and exercise daily.

MEDICATION USE: Many diseases and conditions can be controlled with medications.

- It is important to understand why you are taking a medication, and to know the dosage and frequency. Ask your doctor questions about your medications.
- Always report adverse effects to your doctor and never stop or alter the dosage of your medication without your doctors' instruction.



TESTS, CHECKUPS, AND SHOTS: Routine tests, checkups and shots should be part of a healthy lifestyle.

- Prevention and early detection are worth a pound of cure.
- Talk with your doctor about what you can do to prevent certain illnesses, and what tests and checkups you can do for early detection of certain diseases.

National Institute of Health, National Institute on Aging, 2008

Resources to help you stay active and healthy: *Healthy Heart Express, Eating for Life, Tobacco Cessation, Meditation CD, Yoga DVD* (chair & floor versions), and other resources for healthy aging.

Call 1-800-SENTARA (1-800-736-8272) for more information today.