

## Looking Forward to Healthy Aging

**We're all going to age, but getting older doesn't have to mean slowing down! The years ahead could be some of your best—set yourself up to enjoy them by taking care of your health.**

### Healthy Aging Tip

By making your health a priority now, you can avoid or manage many conditions that come with aging.



### Reset Your Expectations

Do you know that you can feel happier and make better decisions as you get older? Your brain changes in ways that may broaden your perspective, helping you solve problems that might have stumped your younger self.

You may also look and feel even better as a result of exercising and eating healthier. Research shows that older adults gain more from healthy lifestyle changes than any other age group.

And whether you fully retire or just work a little less, you'll have more time to devote to your interests and passions. You can also seek out chances to learn and grow professionally and personally.

### Age at Your Own Pace

Each person goes through different kinds of changes. You can manage many of them by making small adjustments, like these:

**Occasional forgetfulness?** Take part in different types of activities, such as reading, painting and playing games, to keep your mind sharp.

**Decreased energy?** Get more sleep and eat foods with plenty of fiber and protein that offer steady energy throughout the day.

**Minor aches and pains?** Try swimming, bike riding or other exercises that are easy on your joints, stretch daily, and stay hydrated to ward off inflammation.

**Trouble managing weight?** Do strength training exercises to build muscle and improve metabolism, and find good ways to cope with stress, like meditating.

**Decreased mobility and balance?** Keep a healthy weight to reduce stress on your joints, and eat foods rich in calcium or vitamin D to support bone health.



### Your Doctors: Partners in Your Health

Build relationships with doctors you trust. They can help you:

- Catch issues early, when they're easier to treat
- Set health goals and stay on the right track

#### Tell your doctor if you experience:

- Chronic pain
- Trouble hearing or seeing
- Leaking urine
- Constant fatigue
- Extreme personality changes
- Depression

These are **not** normal signs of aging and should always be discussed with a doctor. Even if these are not signs of something serious, your doctor can address any health concerns and offer treatment for the symptoms.

### Your Healthy Aging Toolkit



#### Preventive care

Stay on top of your health by getting preventive care, even if you feel healthy. It can protect you from illnesses like the flu and help you prevent or delay some health conditions. Talk to your doctors about which checkups, screenings and vaccines are right for you.



#### Exercise

Exercise your brain by engaging in hobbies and challenging yourself to learn new things. Aim to be physically active on most days to keep your bones, joints and heart strong. Get plenty of sleep, and change up your exercise routine if you need to. Also, be sure to tell your doctor before you start a new workout routine.



#### A balanced diet

Eat a balanced diet to stay at a healthy weight and give your body the energy it needs. The nutrients in healthy foods can also lower your risk for chronic diseases. Generally, a balanced diet includes plenty of whole grains, fruits, vegetables, and proteins such as nuts, beans, seafood and lean meats. Limit sweets and processed foods.



#### Social activities

Being socially active can help with your outlook, memory and brain function. Volunteering, traveling and exploring your passions are all great ways to do this. You can also get together with like-minded people and start a group around one of your interests.