



Astoria Senior Center is committed to helping seniors thrive and live their best lives. If you are an older adult, you may be wondering if making new year's resolutions is worth the effort. Are resolutions only for young people? Do they even work? Are you too old to develop new routines? These are some questions you may be asking yourself as you look ahead to the new year.

Studies show that seniors, in particular, benefit both physically and psychologically from setting goals and pursuing milestones. And by involving family and friends in your pursuit of a healthier lifestyle, you can better bond with your loved ones. If you are apart from family due to travel restrictions or health concerns, involving them from afar in your wellness project can help keep lines of communication open.

Here are some suggestions for improving your overall wellness, as the new year unfolds:

**Eat better to feel better.**

The great thing about eating well is that it pays off in terms of energy and alertness. Make a resolution to improve your eating habits, keeping in mind your unique needs and any physical limitations you may have. One option might be to up your daily vegetable intake. Another might be to reduce sugar or cut processed foods out of your diet. Talk to your doctor or a nutritionist about what kind of changes might be best for you.

**Increase physical activity.**

The best way to feel more energized is to get up and get moving. Choose an exercise and intensity level that is right for you. If you are already committed to regular exercise, look for ways you can up your game, such as switching from walking to jogging or signing up for classes at an activity center. Astoria Senior Center has many activities that suit different needs and preferences. Seniors with limited mobility might want to try swimming or a routine that is similarly safe and low-impact.

**Train your brain.**

Mental exercise can be just as important as physical exercise for maintaining positive energy. Set goals for yourself to complete a certain number of mental activities over the course of the year. You could make a list of books you want to read or commit to doing a daily crossword puzzle or online word game. See if you can get a loved one to commit to brain training with you and hold each other accountable.

**Limit your screen time.**

Yes, internet technology has been invaluable in the past year as we used it to stay in touch, keep up with the news, and complete work obligations. But too much screen time can be an energy drain, as well as damaging to your eyesight and spinal health. Make a resolution to limit your time on devices every day — and resist the temptation to waste that time on mindless scrolling or building up negative energy.

**Female Seniors: Do a fashion reset.**

While all the above tips can be utilized by both men and women, this tip is just for the ladies. Female seniors who have been confined to the home for much of the past year and are planning on venturing out — even just for daily walks in the neighborhood — can up their confidence by investing in a few stylish new outfits. These will help you feel great about your appearance.

If exercise is part of your new year wellness plan, get yourself some fashionable workout outfits. For relaxing at home, check out comfortable loungewear, such as attractive robes and well-made bras, that will keep you looking your best. Chic leggings are a great option whether you are enjoying quiet time or keeping up with the grandchildren. Feel free to be yourself and experiment with different styles.

Even if you can't keep all these goals, just choosing one or two can make a huge difference for your overall physical and mental well-being as you enter this new year.

For additional senior support, get in touch with Astoria Senior Center by calling (503) 325-3231.