

Healthy Aging Is More Than a Number

The Everyday Habits That Help Us Live Well

*Healthy
People
Brighter
Tomorrows*
♡



Healthy aging isn't about trying to stop the clock. It's about supporting the way we live, think, connect, and care for ourselves as the years move forward.

*Same
Curiosity
Brighter
Days*



What Healthy Aging Really Means

Healthy aging is about supporting physical, mental, and social well-being so we can stay engaged in the people and activities that matter most.

*"A healthier today
can lead to a brighter
tomorrow."*

The Everyday Foundations of Healthy Aging



Keep Moving

Walk, stretch, dance, garden, swim, and spend less time sitting.



Nourish Your Body

Choose a sustainable pattern with vegetables, fruits, whole grains, healthy fats, and protein.



Make Sleep a Priority

Quality sleep supports recovery, mood, concentration, memory, and overall well-being.



Stay Connected

Friendships, family, community, volunteering, and conversation add meaning to life.



Keep Learning

Read, travel, explore, create, and stay curious. You are never too old to learn something new.



Find Purpose in Your Days

Purpose can be found in family, faith, work, service, creativity, and having something to look forward to.



Protect Your Peace

Time outdoors, exercise, prayer or meditation, music, hobbies, gratitude, and quiet time can help reset.



Don't Forget to Laugh

A good sense of humor, perspective, and everyday joy are valuable at every age.

*Small
Choices
Big
Tomorrows*
♡

Healthy Aging Isn't About a Perfect Score

Small choices have a way of adding up.

*Progress
Not
Perfection*
♡

One
additional
walk

One
earlier
bedtime

One
healthier
meal

One
phone call
to an old friend

One
new
experience

One
thing to
look forward to

*Know
Yourself
Invest
in Tomorrow*
♡



Discover Your Healthy Aging Score™

Take the DHmeds Healthy Aging Assessment™ and explore how your everyday habits may be supporting the way you want to age.

[DISCOVER MY HEALTHY AGING SCORE →](#)

DHmeds.com/healthy-aging-assessments



*Healthy
Habits
Brighter
Days*
♡

MIND
BODY
CONNECTION
A BRIGHTER TOMORROW



Learn.



Grow.



Thrive.