

THIS WEEK'S QUESTION

# What Everyday Habits Matter Most as You Get Older?

## “ Dr. Hirsch says:

There isn't one habit that determines how well we age. Healthy aging is supported by many everyday choices working together.

Movement, nutritious foods, quality sleep, meaningful relationships, managing stress, staying curious, and having purpose in our days can all contribute to overall well-being.

The goal isn't perfection. It's consistency. Small choices practiced regularly can add up over time.

### MORE COMMON QUESTIONS

1

**Do I need to exercise every day?**



No. The goal is regular movement. Walking, gardening, swimming, dancing, stretching, and other activities can all count.

2

**Does sleep really matter more as I age?**



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

3

**Does staying social affect healthy aging?**



Yes. Social connection can support emotional well-being and help us remain engaged with life.

4

**Is it ever too late to build healthier habits?**



No. Healthy habits can be strengthened at any age. Start with one realistic change and build from there.



### KEEP MOVING

Regular activity helps support strength, balance, mobility, and independence.



### STAY CONNECTED

Relationships, social activity, and meaningful connection are important parts of well-being.



### KEEP ENGAGING

Learning, purpose, curiosity, and activities you enjoy help keep life active and meaningful.



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HAIR RESTORATION PHYSICIAN

Healthy aging isn't built in a day.  
It's supported by the choices we make every day.

**LEARN. GROW. THRIVE.**



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