



EIGHT TIPS ON HOW TO STAY HEALTHY AT ANY AGE

AS WE AGE, IT'S COMMON FOR PEOPLE TO BECOME MORE SEDENTARY, BUT IT'S IMPORTANT TO MAKE AN EFFORT TO STAY ACTIVE AND PRIORITIZE A HEALTHY LIFESTYLE. REGULAR PHYSICAL ACTIVITY OFFERS NUMEROUS BENEFITS, SUCH AS MAINTAINING OR IMPROVING PHYSICAL FITNESS, REDUCING THE RISK OF CHRONIC DISEASES, ENHANCING MENTAL WELL-BEING, AND PROMOTING OVERALL QUALITY OF LIFE.



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Regular Exercise: Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week. Activities like walking, swimming, cycling, or yoga can be beneficial.



Strength Training: Include strength training exercises in your routine to maintain muscle mass and bone density. This can help prevent muscle loss and reduce the risk of osteoporosis.

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Flexibility and Balance: Incorporate stretching and balance exercises to improve flexibility and stability, which can reduce the risk of falls and injuries.



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Stay Social: Engage in social activities that involve physical movement, like dancing or group sports. Social interactions can also have a positive impact on mental health.



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Find Activities You Enjoy: Choose physical activities that you find enjoyable. When you have fun, you're more likely to stick with them.



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Set Realistic Goals: Set achievable fitness goals and track your progress. This can help you stay motivated and committed to your health.



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Maintain a Balanced Diet: Proper nutrition is essential for a healthy life. Ensure your diet includes a variety of fruits, vegetables, lean proteins, and whole grains.



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Get Adequate Rest: Ensure you get enough sleep, as it's crucial for your overall well-being and energy levels.



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