

HEALTHY AGING: STAYING WELL AS YOU AGE



● Stay Physically Active

- Regular physical activity improves strength, balance, and heart health.
- Aim for at least 150 minutes of moderate activity each week.



● Eat a Balanced Diet

- A healthy diet includes fruits, vegetables, whole grains, and protein.
- Good nutrition supports energy, immunity, and overall health.



● Stay Socially Connected

- Spending time with others helps reduce loneliness and supports mental health.
- Join community programs, clubs, or social groups.



● Maintain Mental Health

- Activities like reading, puzzles, or learning new skills keep the brain active.
- Staying mentally engaged supports memory and cognitive function.



● Get Regular Check-Ups



- Routine medical visits help detect health issues early.
- Preventive care helps maintain long-term wellbeing.

