



Getting Started

The Thrivorship Lifestyle

*Ten easy-to-adopt habits for improving and sustaining
your best health*

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Welcome!

As we age, it becomes increasingly important to prioritize our health and wellbeing in order to live a fulfilling and thriving life. For Black women over 50, this can be especially crucial given the health disparities that exist within our elder age group.

Heart disease, high blood pressure, diabetes, obesity and breast cancer are health problems that disproportionately affect Black women over the age of 50.

We know it's hard to tackle these daunting issues. Can we help you?

We have created The Thrivorship Lifestyle, a comprehensive, easy-to-adopt approach to health and wellness. Our goal is to help you that can help you improve and sustain your best health.

On the following pages you'll find the ten Thrivorship Lifestyle steps to help you get started.





Practice self-care

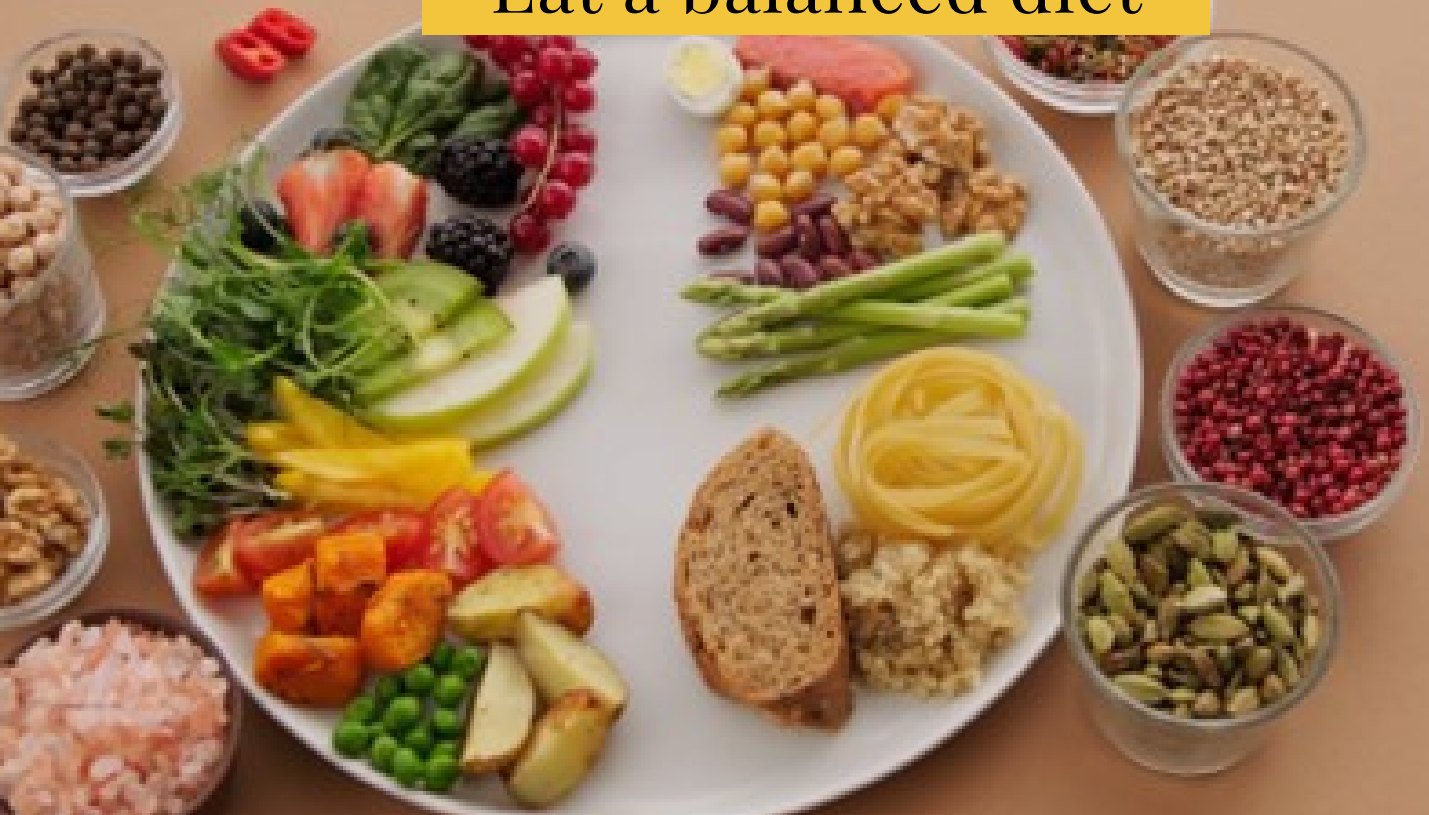
Self-Care is NOT Selfish!

As a Black woman over 50, you have likely spent a considerable amount of time taking care of others, whether it be your children, spouse, or elderly parents. However, it is important to remember that taking care of yourself is just as important. Self-care is essential for your physical, mental, and emotional well-being, and it can help you live a happier and more fulfilling life.

Take time for yourself: Whether it be reading a book, taking a bubble bath, or practicing meditation, make sure to carve out time each day to do something you enjoy.

Remember, self-care is not selfish. Taking care of yourself allows you to better care for others and live a more fulfilling life. Prioritize your well-being and make self-care a priority in your daily routine.

Eat a balanced diet



Nutrient-dense is key!

One of the most effective ways to do so is through a nutrient-dense diet. Incorporating plenty of fruits and vegetables into our daily meals is an excellent way to achieve this.

Fruits and vegetables are packed with vitamins, minerals, and antioxidants that help keep our bodies functioning at their best. They're also low in calories and high in fiber, making them an excellent choice for maintaining a healthy weight and preventing chronic diseases such as diabetes, heart disease, and cancer.



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Exercise regularly



Get moving!

You may be wondering if exercise is still necessary or safe for you at this stage of life. The truth is, regular exercise is not only necessary, but it can also be life-changing.

Exercise can help you maintain a healthy weight, boost your energy levels, reduce your risk of chronic diseases such as diabetes and heart disease, and improve your overall quality of life.

Exercise has been shown to improve mood, reduce stress, and boost self-esteem. As a Black woman over 50, you may be dealing with a lot of stress and anxiety related to work, family, and other life issues. Regular exercise can help you cope with stress, feel more confident, and improve your overall mental health.



Regular exercise can be a great way to meet new people and socialize. You can join a fitness class or group, go for walks with friends, or participate in community events. This can help you stay connected with others and improve your overall well-being.

Remember to consult with your healthcare provider before starting any new exercise program, and start slowly with low-impact activities such as walking, swimming, or yoga. With consistency and dedication, regular exercise can be a game-changer for your overall health and well-being.

Get adequate sleep



Sleep tonic!

.One of the most important aspects of maintaining good health is getting adequate sleep. Unfortunately, many women in our age group struggle with getting the recommended 7-9 hours of sleep each night. This can have serious consequences for our physical and mental health, so it's crucial that we take steps to improve our sleep habits.

The benefits of a good night's sleep are numerous. Not only does it leave you feeling refreshed and energized in the morning, but it also helps to regulate your mood and improve cognitive function. Getting enough sleep is also important for maintaining a healthy weight, reducing the risk of chronic diseases like heart disease and diabetes, and boosting your immune system.



If you're having trouble sleeping, establish a regular sleep schedule, even on weekends. This helps to regulate your body's internal clock and can improve the quality of your sleep.

Next, create a sleep-friendly environment. Keep your bedroom cool, dark, and quiet. Invest in comfortable bedding and pillows, and consider using blackout curtains or a white noise machine if outside noise or light is a problem. Make sure your mattress is supportive and comfortable.

Avoid stimulants like caffeine and nicotine in the hours leading up to bedtime. Also, limit alcohol intake, as it can disrupt sleep patterns. Instead, consider drinking a cup of herbal tea or warm milk before bed.

Finally, practice relaxation techniques like deep breathing, meditation, or gentle stretching before bed. These can help to calm your mind and body and prepare you for a restful night's sleep.

Stay hydrated



Moisturize inside and out!

.Staying hydrated is important for everyone, but it becomes even more critical as we age. As a Black woman over 50, you may already know that our bodies go through significant changes as we get older, and dehydration can exacerbate these changes. However, with a few simple changes to your daily routine, you can maintain optimal hydration and enjoy the many benefits that come with it. First and foremost, drinking enough water is crucial.

Experts recommend drinking at least eight glasses of water a day, but individual needs may vary depending on factors such as weight, activity level, and climate. In addition to water, you can also get hydration from other fluids like herbal tea, fruit juice, and low-sugar sports drinks.



Incorporating fruits and vegetables with high water content into your diet can also help you stay hydrated. Examples include cucumbers, watermelon, strawberries, and celery.

Additionally, eating foods with a high electrolyte content like bananas and spinach can help your body retain fluids and prevent dehydration.

It's essential to be mindful of the signs of dehydration, which can include dry mouth, dark urine, fatigue, and headaches. If you're experiencing any of these symptoms, it's time to increase your fluid intake. Be proactive by carrying a refillable water bottle with you wherever you go, especially if you're out and about in the heat.

Finally, taking care of your skin is another great reason to stay hydrated. As we age, our skin loses elasticity and can appear dry and dull. Drinking plenty of water can help keep your skin supple, smooth, and youthful-looking.

Manage stress



Release your worries!

Managing stress is crucial for your physical, emotional, and mental well-being. Stress can lead to a variety of health issues, including high blood pressure, heart disease, depression, and anxiety. Therefore, it's important to have effective strategies to cope with stressors in your life.

One of the most effective ways to manage stress is through regular exercise. Exercise releases endorphins, which are feel-good hormones that can improve your mood and reduce stress. Additionally, regular exercise can improve your cardiovascular health, lower your blood pressure, and reduce your risk of chronic diseases.



Another effective strategy for managing stress is to practice relaxation techniques such as meditation, deep breathing, or yoga. These techniques can help you to calm your mind and reduce the physical symptoms of stress, such as muscle tension and headaches.

It's also important to prioritize self-care activities that bring you joy and help you to relax. This can include taking a warm bath, reading a book, listening to music, or spending time in nature. When you take time for yourself, you are giving your mind and body a chance to rest and recharge.

Finally, it's important to build a strong support system. This can include friends, family members, or support groups who can offer you emotional support and a listening ear when you need it most. Talking to others about your stressors can help you to gain perspective and find solutions to your problems.

Protect your skin



Black DOES crack!

, it's important to protect your skin from the damaging effects of the sun and other environmental factors. Here are some tips to help you keep your skin healthy and radiant:

1. Wear sunscreen every day. Look for a broad-spectrum sunscreen with an SPF of at least 30 that provides protection against both UVA and UVB rays. Apply it generously to all exposed areas of skin, and reapply every two hours or after swimming or sweating.
2. Moisturize regularly. As you age, your skin loses moisture and becomes drier and more prone to wrinkles and fine lines. Use a moisturizer that's formulated for your skin type and apply it daily after cleansing.



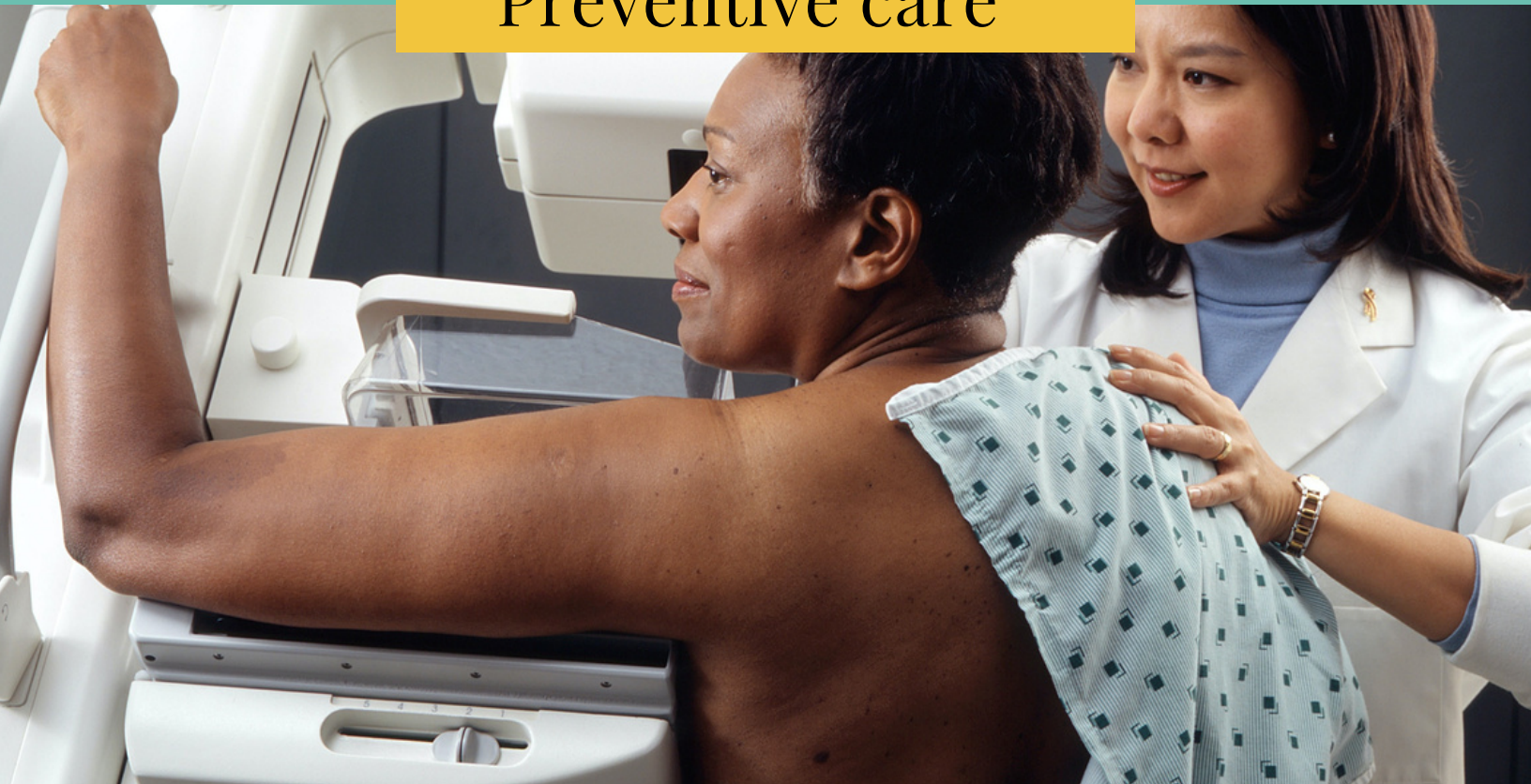
3. Use gentle cleansers. Avoid harsh soaps or cleansers that can strip your skin of its natural oils. Instead, use a gentle, fragrance-free cleanser that's formulated for sensitive skin.

4. Avoid smoking and limit alcohol intake. Smoking can accelerate skin aging and cause wrinkles and fine lines. Alcohol can dehydrate your skin, making it look dull and tired.

5. Consult a dermatologist. If you have any concerns about your skin, or if you notice any changes such as new moles or spots, see a dermatologist. They can help diagnose and treat any skin issues and provide personalized recommendations for your skin type and concerns.

Remember, protecting your skin is not just about looking good – it's about maintaining your overall health and well-being. By following these tips and taking care of your skin, you can look and feel your best for years to come.

Preventive care



Early detection is best!

it's essential to prioritize your health and wellbeing. While it's never too late to start making positive changes, taking preventative measures can help ensure a healthier future.

First and foremost, it's crucial to schedule regular check-ups with your doctor. These appointments can help catch potential health issues early on, before they become more severe. This includes regular mammograms, pap smears, and bone density tests.

Another critical aspect of preventative healthcare for Black women over 50 is addressing mental health. This includes seeking treatment for conditions such as anxiety and depression, as well as practicing self-care techniques such as meditation or therapy.



Lastly, it's crucial to stay informed about your health and any potential risk factors. This includes understanding the symptoms of common health issues that affect Black women, such as fibroids and breast cancer. Being informed can help you make more informed decisions about your health and well-being.

Stay connected



We need each other!

As we age, it is easy to fall into the trap of feeling isolated and disconnected from others. However, staying socially connected is crucial for maintaining good mental health, especially for Black women over 50 who may face unique challenges. Here are some tips for staying socially connected:

1. Join a group or organization: There are countless organizations and groups that cater specifically to Black women over 50, such as book clubs, social clubs, and exercise groups. Joining one of these groups can provide a sense of community and belonging that is essential for mental well-being.



1. Volunteer: Volunteering is a great way to not only give back to your community but also to meet new people and form connections. Find a cause that you are passionate about and look for volunteer opportunities in your area.
2. Attend events: Look for events in your community that align with your interests, such as concerts, lectures, or cultural festivals. Attending these events can be a great way to meet new people and expand your horizons.
3. Use social media: Social media can be a powerful tool for staying connected with friends and family who may live far away. However, be mindful of the potential negative effects of social media on mental health and use it in moderation.
4. Take classes: Taking classes, whether they are academic or recreational, can be a great way to learn new skills and meet new people. Look for classes at your local community center, library, or college.

Remember, staying socially connected is not only important for mental health but also for physical health. Make an effort to stay connected with others and prioritize your relationships. Your future self will thank you.



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