

# HEALTHY IS KNOWING

## 10 TIPS TO HEALTHY AGING

### 1. BE ACTIVE

Older adults should engage in at least **150 MINUTES OF MODERATE ACTIVITY A WEEK.**



Exercise benefits include:

- Immune system boost
- Improved balance
- Improved quality of sleep
- Prevention of memory loss
- Reduced chronic pain

National Council on Aging  
<https://d2mkcg26uv91cz.cloudfront.net/wp-content/uploads/2018-Healthy-Aging-Fact-Sheet-7.10.18-1PDF>



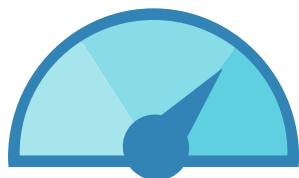
### 2. EAT WELL

Increase the number of fruits and vegetables you eat everyday. The United States Department of Agriculture recommends 2 cups of fruit and 2.5 cups of vegetables daily.



### 3. PRACTICE PREVENTION

Remember annual vision, dental and health screenings to stay on top of any changes in your health.



### 4. KNOW YOUR STATUS

Take the lead on managing your medications, following your healthcare plan and following up with your doctor.

### 5. GET ENOUGH SLEEP

It is important to get

**7-9 HOURS**

of sleep for the body to rejuvenate, which is critical to healthy aging.



### 6. CULTIVATE RELATIONSHIPS

Stay connected with the people who matter, and build a support system.

### 7. ENGAGE YOUR BRAIN

Keeping your brain active through reading, writing, or crossword puzzles can help delay memory decline that leads to dementia.

### 8. REDUCE STRESS

Examples include: Exercising, journaling or seeking professional counseling.

**1 IN 4 OLDER ADULTS** experience depression, anxiety or substance abuse.

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### 9. BE PRODUCTIVE

Make time for the interests you enjoy, both socially and individually.

### 10. EMBRACE AGING!

Aging is inevitable. Embrace the process and stay positive throughout it!

<https://www.homestead.com/blog/10-tips-for-healthy-aging>