



Your Health and Wellness

Lifelong Wellness

August 2014

Healthy Living

Staying healthy can help you feel younger

The efficiency of your body reaches its peak in early adulthood and steadily declines thereafter. The rate of decline is determined, at least in part, by your behaviors and exposures across the course of your life. These include your diet, fitness level, and exposure to health risks such as smoking, overconsumption of alcohol, or exposure to toxic substances.

Get Moving

Even a little exercise can make a big difference

No matter your age, regular exercise is vital to your overall health. Staying fit means you can continue to do the things you enjoy as you age. Here are some rules for exercising as you age:

- Make it a priority
- Make it easy
- Make it safe
- Make it social
- Make it interesting and fun
- Make it an active decision

Train Your Brain

Significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age, and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits. Try out one of these fun ways to train your brain today:

- Work a jigsaw puzzle
- Try Sudoku, a search and find puzzle, or a crossword
- Play a video or computer game

Balance

Having good balance means being able to control and maintain your body's position, whether you are moving or standing still. Good balance is important to help you get around, stay independent, and carry out daily activities. Practice standing on one foot to help improve your balance. Make sure to be close to a wall or other stable surface to grab if you need it.



Did you know?

As you age, more dentin forms between your tooth enamel and nerves, making your teeth become less sensitive.

92% of older adults have at least one chronic disease and 77% have at least two.



Healthy Habits

Keep a list of your current medications in your wallet or purse at all times.

Visit your doctor on a regular basis.

Listen to your body, and if something feels different, see your doctor.