

# HEALTHY AGING MONTH

September is Healthy Aging Month, a time dedicated to celebrating growing older. It's an opportunity to embrace proactive health practices that support a fulfilling and active lifestyle throughout our later years. From staying physically active and nourishing our bodies with nutritious foods to nurturing our mental well-being through social connections and stimulating activities, Healthy Aging Month encourages us to prioritize our health and well-being. By adopting healthy habits and making informed choices, we can enhance our quality of life, ensuring we enjoy each stage of life to the fullest.

## MENTAL HEALTH CORNER

Maintaining mental health is crucial for aging well. As we grow older, it's essential to prioritize activities that stimulate the mind, such as learning new skills, staying socially engaged, and participating in hobbies that bring joy. Managing stress through relaxation techniques like meditation or deep breathing can also enhance mental well-being. By fostering a positive mindset and seeking support when needed, individuals can sustain cognitive function, emotional resilience, and overall quality of life.

## TIPS FOR HEALTHY AGING:

- **Stay Active:** Regular activities like walking or yoga maintain strength and flexibility.
- **Eat Well:** A balanced diet with fruits, vegetables, lean proteins, and whole grains supports overall health.
- **Prioritize Mental Health:** Stimulate your mind with puzzles, reading, or new hobbies.
- **Get Regular Check-Ups:** Schedule screenings and vaccinations to manage health effectively.
- **Stay Connected:** Maintain social connections for emotional well-being.
- **Practice Self-Care:** Relax with meditation or hobbies you enjoy.
- **Protect Your Skin:** Use sunscreen and limit sun exposure.
- **Stay Hydrated:** Drink plenty of water for digestion and energy.
- **Manage Medications:** Take them as prescribed and discuss concerns with your doctor.
- **Stay Positive:** Foster gratitude and find joy in daily life for emotional resilience. These habits support a vibrant and fulfilling life as you age.

**LIVING LONGER.  
LIVING HEALTHIER?**



1900



2022

**Americans  
are living  
longer.**

Yet Approximately 129 million people in the United States are affected by at least one major chronic disease. Like heart disease, cancer, diabetes, obesity and hypertension.

