Healthy **Aging**



Healthy aging involves making lifestyle choices that promote physical, mental, and emotional well-being as we age, reducing the risk of chronic disease.

While genetics play a role, you can promote healthy aging in many ways.

Tips include:

- **Manage stress** with relaxation techniques like yoga, meditation, or journaling.
- **Stimulate your mind** with new skills or classes.
- **Stay active** with activities like gardening or walking.
- **Prioritize preventive care** with routine check-ups.
- **Nourish your body** with a balanced diet.
- **Strengthen social bonds** by spending time with loved ones.

Small daily changes can enhance longevity and quality of life, promoting independence as you age.

Sources:

https://www.dhs.gov/employee-resources/news/2022/09/06/healthy-aging-month#:~:text=Healthy%20Aging%20Month%20is%20observed,our%20minds%20and%20bodies%20change.
https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging

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