



# 10 ways to get the most out of midlife

Are your best years ahead? Midlife is notoriously known as a time of crisis. Seize the midlife moment and make new choices for your health.



## WAYS TO GET THE MOST OUT OF THESE MIDLIFE YEARS



1. **Cultivate mindfulness and optimism.** Notice and pay attention to what is happening in the present moment. Enjoy and be grateful for all the good things in your life.
2. **Focus on family bonding.** Often midlife crises for women are not an age phenomenon but rather due to the very significant changes that occur in the lives of our growing-up children and our maturing partners.
3. **Spend more time with your partner.** Rediscover why you fell in love in the first place.
4. **Rev up the love life.** You are free to go on dates with your partner—real dates!
5. **Reevaluate your choice of birth control.** The second-highest rates of unplanned pregnancies occur in midlife.
6. **Worry more about you.** It is important to establish de-stressing routines, including setting aside time to exercise and connect with friends.
7. **Cut down on salt,** reduce caloric intake by 100–200 calories per day and boost your calcium and vitamin D intake. By midlife, most are at high risk for high blood pressure and heart disease.
8. **Embrace your desire to sleep.** Now is the time to develop good sleep habits to prepare you for the next stage of life.
9. **Do something you thought you would never have time for.** Take up a new hobby or go back to an activity you love—knitting, dancing, learning, kayaking, tai chi, or volunteering.
10. **See your doctor.** You have always made sure everyone else in the family gets a yearly check-up, but what about you? Schedule yearly health screenings and don't neglect your own health.