



Age successfully

Successful aging means more than good health. It means taking charge of your personal well-being so that you can continue to live a vibrant, independent life, regardless of your age.



RESOLUTIONS FOR HEALTHY AGING



1. **Sleep well at night.** Avoid frequent daytime naps, late night snacks or watching television in bed.
2. **Eat lots of colors.** Along with eating colorful vegetables and fruit, eat whole grains, beans, lentils, and healthy fats, like olive, avocado, nuts, and seeds. Choose low fat dairy and eat fatty fish, such as salmon.
3. **Get checked out.** Catch up on any health screenings your doctor has recommended and don't forget eye and dental check-ups.
4. **Worry less.** It really is possible to "worry yourself sick." Excessive worrying can lead to high blood pressure, digestive problems, chronic headaches and unhealthy weight gain.
5. **Stay in touch.** Spend quality time with friends and family to stay socially connected.
6. **Move more.** Exercise improves heart health and brain health to help prevent a range of related disorders, including blood clots and depression.
7. **Learn more.** Take classes, join a learning club, read books, get creative, or hone a skill you already have.
8. **Laugh and sing.** Both will help you to manage stress and add joy.
9. **Take control.** Be proactive about your own health. Ask your doctor questions about your health and for advice on positive lifestyle changes.
10. **Get involved.** Local organizations of all types need volunteers. Helping others is one of the best ways to feel good about yourself.