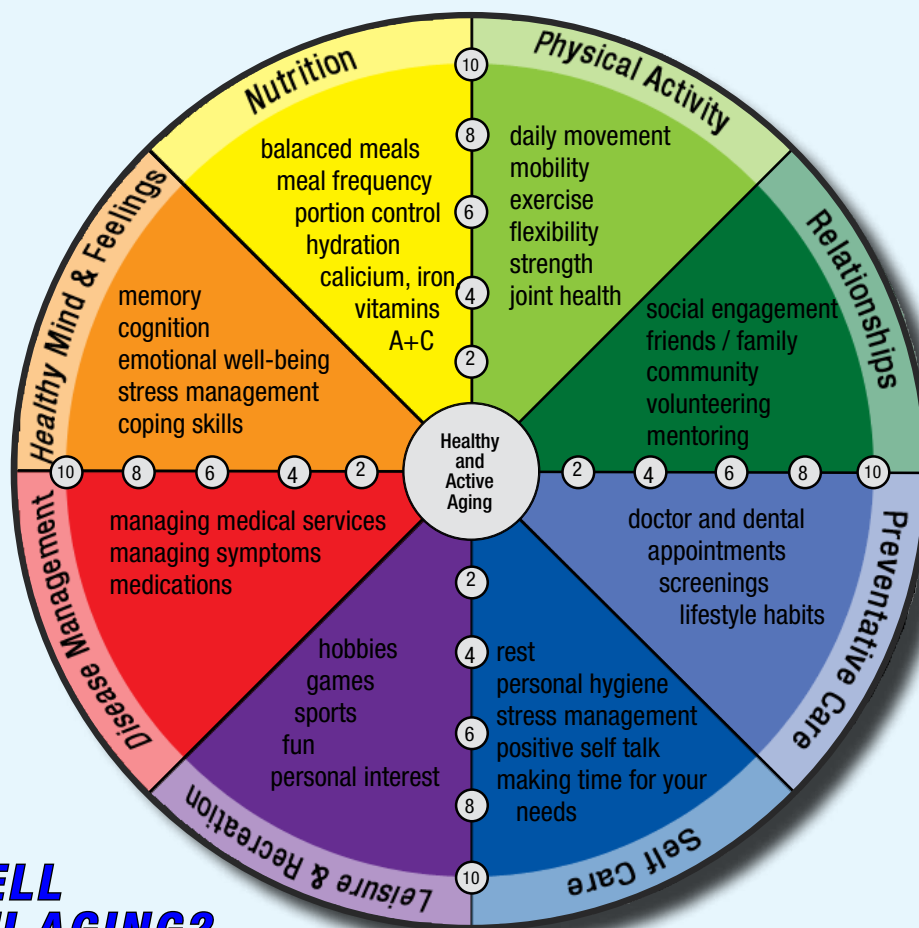


... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

WHAT CAN YOU DO TO GET THE MOST OUT OF YOUR "GOLDEN YEARS"?

Getting older is a natural part of life. While you cannot control chronological age, you can delay your physiological age. If you take good care of yourself you can slow down or even prevent problems that often come with aging.

The Healthy and Active Aging Wheel helps you consider how you are doing in the eight areas that have the greatest impact on how well you age. Use the exercise to determine the changes you want make to improve your health and well-being.



HOW WELL ARE YOU AGING?

Rate each category:

Place a dot on a scale of 1 (center of circle) to 10 (outside of circle).

10 = Completely Satisfied - You are completely satisfied with where you are at this point in your life.

5 = Middle of the Road - It is OK, but there are changes that you could make here.

1 = Completely Dissatisfied - You would be much happier if everything about this category was completely different.

Scoring: After you rate each category, connect the dots. Now imagine, if the lines were a wheel, how bumpy would the ride be? Ask Yourself: How satisfied are you with your health?

Which areas contribute or detract to your overall satisfaction?

In which area(s) do you want to make changes?

Resources: www.webmd.com; www.nia.nih.gov; www.mayoclinic.com

EIGHT KEYS TO HEALTHY AND ACTIVE AGING

Nutrition:

What you eat can either support healthy aging or cause health problems. To age optimally, older adults need to focus on getting adequate amounts of nutrients. Yet, advanced age also requires fewer calories.



The key is to make each meal count.

Eat nutrient dense foods. Get adequate amounts of:

- | | | |
|----------|----------|-----------------|
| *calcium | *fiber | *vitamins A & C |
| *iron | *protein | *water |

Physical Activity:

Exercise and physical activity are considered a cornerstone of healthy aging. Evidence suggests that people who exercise regularly not only live longer, they live better.

The key is to remain functional. Participate in:

- Strength training to preserve muscle mass
- Yoga and stretching to maintain flexibility
- Tai Chi or other training to maintain balance
- Walking, swimming, and other aerobic activity to preserve heart health and endurance



Healthy Mind-Healthy Feelings:

There is strong evidence that personality and perspective affect health outcomes.

The key is to maintain cognitive function and memory, and to ward off higher risk of depression.



- Know the signs and symptoms of depression Seek professional help
- Exercise regularly and participate in hobbies and activities that stimulate brain function and ward off depression

Self Care:

Take control and be your own best friend.

The key is to know your needs and make time for yourself. Self care includes:

- | | |
|--------------------|----------------------|
| *personal hygiene | *rest and relaxation |
| *stress management | *positive self-talk |



Leisure and Recreation:

According to scientific data, sociable, generous, and goal-oriented people report higher levels of happiness and lower levels of depression and dementia.



The key is to have fun and relax.

- Enjoy favorite hobbies, like dancing, reading and playing musical instruments
- Do something that is meaningful and important to you

Preventative Care:

Older adults are at higher risk of heart disease, cancer, macular degeneration, influenza, pneumonia, and shingles.

The key is prevention. See your doctor regularly for immunizations. These include:

- tetanus, diphtheria, and pertussis
- yearly influenza (flu) shot, shingles vaccine, and pneumococcal vaccine.



Disease Management/Medication Safety:

The key is to manage medical care, symptoms, and medications.

Four questions to ask your doctor:

1. What are the top three things I can do to manage my health or my condition?
2. What symptoms should I expect and which symptoms are a warning sign that I need immediate attention?
3. What resources are available to me to help me manage my medical care options?
4. What do I need to know about my medications and are there any interactions among my medications?



Relationships/Social Engagement:

Elderly adults who are sociable and maintain satisfying relationships tend to be healthier and happier than those who isolate themselves.

The key is to stay connected.

- Volunteer
- Join social and support groups
- Mentor or tutor the younger generation
- Participate in family activities

