

Healthy Living for Seniors

Living your best life as you grow older means being able to do the things you need to do but also the things you want to do each day.

To do this it is important that you maintain your health, stay connected, and manage any health challenges that come your way.

Start by being active every day. And being active does not mean you have to exercise in a gym or run a marathon.

Take a walk, work in the garden, play with the dog. Enjoy your life. Aim to be active for 30 minutes a day.

Work up to it. Don't try to do too much too soon. Keep it safe and healthy.

Add flexibility and balance exercises to your daily routine.

Being active helps you maintain your health in many ways.

Exercise helps your mind stay sharp. While being active goes a long way to help, also stimulate your mind with a hobby or games.

Exercise decreases fall risk. Strong muscles help support your body walking, going up and down stairs, and even while sitting.

Exercise helps to maintain flexibility and balance.

It improves Sleep.

And promotes independence and social activity.

Being able to do what you need to do every day such as laundry, cooking, bathing, dressing, grocery shopping; all the activities of daily living keeps you independent.

All too often as you age, your social connections change. You move into a new setting, retire, or lose your spouse.

Staying social and connected is good for mind, body and soul.

Find a hobby or an activity that you can enjoy in a group.

Volunteer...

Spend time with family and friends...

As you age, you may be challenged with health conditions such as diabetes and heart disease.

To successfully manage these challenges partner with your healthcare provider to create a plan that includes medications and treatments that take your preferences and lifestyle into consideration.

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Be involved in your healthcare decisions. Ask questions. Keep your appointments. And if you use tobacco, work to stop.

Living your best life means taking the time to do what you enjoy. Make your health a priority so you can continue to spend your time enjoying the activities and people who make you happy.